Bicycling to work: Cut your

cancer risk in half

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Just riding a few miles on your bicycle to work everyday instead of sitting in your car or a **public** bus, could add years to your life.   
  
The commuting **habits** of over 264,000 people in the UK were **tracked** for five years along with their health in a **study** at the University of Glasgow in Scotland **published** in the British Medical Journal (BMJ) in Great Britain recently.

**WHAT DID THE STUDY DISCOVER?**  
  
If you want to live longer, **reduce** the **risk** of **cancer** as well as heart **disease**, then ride your bicycle to work, the **researchers** **discovered**.   
  
You may be able to **halve** of the **risk** of **cancer** and heart **disease**.   
  
The **study** looked at both walking and bicycling and compared them to non- **activecommuters**, that is people who merely sat in a car or **public transportation**.    
  
Walking to work was **associated with** a 27% lower **risk** of **developing** heart **disease**and a 36% lower **risk** of **premature** death from heart **disease**. Unfortunately, walking seemed to have no **effect** on **cancer** **risk**.   
  
Walking was most **beneficial** for those walking over six miles per week.

**BIKING TO WORK: GREATER HEALTH BENEFITS THAN WALKING**   
  
The **benefits** of bicycling, however, were **significantly** greater than walking, with the **risk** of heart **disease** reduced by a **whopping** 45%, the **risk** of **cancer** reduced 46% and death from any cause by 41%.   
  
The average bicycling **commute** to work in the **study** was 30 miles per week but the health **effect** increased with the amount traveled.    
  
Combining bicycling with **public** transport such as a bus or train ride also produced health **benefits**.   
  
The **obvious** **implication** is that bike lanes and **storage** for bikes on buses and trains, to make it easier to bike to work, can **produce** **public health** **benefits** for a country as a **whole**.

**WHY THE POSITIVE HEALTH EFFECTS?**  
  
The **study** controlled for the **effects** of other **habits** such as smoking, diet as well as weight, so the **reduction** in **cancer** **risk** from biking is not **due to** weight loss from bike riding.   
  
Having a **lean** body does not necessarily mean weighing less, so being **lean** could be a **factor** as well as biking reducing overall **inflammation** in the body which is **associated with** increased **cancer** **risk**.   
  
That biking is usually a more intense and longer exercise than walking could also be a reason.