

## Are You Considering Cycling For Regular Fitness ?

Cycling is one of those activities that most of us enjoyed when we were younger, but for whatever reason we stopped. So naturally it springs to mind when we're wondering which sport should make up the bulk of our new fitness routine. And it's an excellent choice for many reasons. Personally I enjoy the extended time outdoors that a good cycling session provides, not to mention the unmistakable feeling of giving your legs a solid workout. But you might gain totally different benefits from cycling, like some of the following . .

- Increased muscle strength and stamina.
- Especially in your legs.
- Precise coordination and faster reflexes.
- More energy for all activities in your life.
- A calmer mind.
- Deeper, longer sleeps.
- Hours of fresh air and constantly changing scenery.
- The ability to explore interesting locations at the drop of a hat.
- Greatly increased cardiovascular fitness.
- And the opportunity to join your local cycling club.

One practical benefit that cycling has over other endurance sports is it features very little wear and tear on your joints, especially the knees and hips. So, if you do decide to choose cycling to attain your personal fitness goals, you'll find an absolute goldmine of technical tips, tricks and diet advice online. Both in written form on high quality cycling sites, and on the many YouTube instructional videos that exist. Right now is a great time to start, thanks for reading and good luck.