

The Joy of Cycling

Cycling, also known as biking, is a popular activity enjoyed by millions around the world. It's not just a means of transportation; it's a way of life for many. Whether cruising through city streets or exploring nature trails, the bicycle offers freedom and fun.

One major advantage of cycling is its health benefits. Riding a bike regularly can improve cardiovascular fitness, strengthen muscles, and enhance lung capacity. Moreover, it's a low-impact exercise, meaning it's easier on the joints compared to running.

Environmentally speaking, bicycles produce no emissions. This makes them an eco-friendly alternative to cars, especially for short trips in urban areas. In cities with heavy traffic congestion, cycling can even be faster than driving.

However, safety is paramount when cycling. Helmets, reflective clothing, and proper lights are essential, especially when riding at night or in low-visibility conditions.

In summary, cycling is a versatile activity that promotes health, is environmentally friendly, and can be a delightful way to explore one's surroundings. But always remember to prioritize safety.

Vocabulary List:

- Cycling (n): xe đạp
- Transportation (n): phương tiện di chuyển
- Cardiovascular (adj): tim mạch
- Low-impact (adj): tác động nhẹ
- Emissions (n): khí thải
- Eco-friendly (adj): thân thiện với môi trường
- Congestion (n): tắc nghẽn
- Helmets (n): mũ bảo hiểm
- Reflective (adj): phản quang

Exercise: Matching Feature

Match the feature (A-E) with the relevant statement from the reading.

Features:

- A. Offers a means of travel that avoids vehicular emissions.
- B. Involves equipment that ensures the safety of the user.
- C. Can be more effective than other modes of transport in populated areas.
- D. Has a positive effect on both the muscular and respiratory systems.
- E. Represents a lifestyle choice beyond its primary function.

Statements:

1. Cycling, also known as biking, is not only a way to move from one place to another but also embodies a way of life for many enthusiasts. - _____
 - (Không chỉ là cách di chuyển từ nơi này sang nơi khác, việc đi xe đạp còn thể hiện lối sống cho nhiều người yêu thích)
2. A significant advantage of using bicycles over cars is that they do not contribute to air pollution.
- _____
 - (Lợi ích lớn khi sử dụng xe đạp so với ô tô là chúng không gây ô nhiễm không khí)
3. When navigating busy city streets filled with cars, riding a bicycle might be more efficient. - _____
 - (Khi di chuyển trên các con đường thành phố đông đúc với ô tô, việc đi xe đạp có thể hiệu quả hơn)
4. Regularly pedaling a bicycle enhances heart health and strengthens the lungs. - _____
 - (Thường xuyên đạp xe có thể cải thiện sức khỏe tim và tăng cường chức năng phổi)
5. For those who cycle, especially during nighttime, wearing protective headgear and attire that can be seen in the dark is crucial. - _____
 - (Đối với những người đi xe đạp, đặc biệt vào ban đêm, việc mặc đồ bảo hộ và đồ có thể nhìn thấy trong bóng tối là rất quan trọng)