**The Advantages of Riding a Bicycle**

Some people may argue that bicycles are useful, while others, believe, that they are useless or unnecessary. In my opinion, riding bicycle is important for health. one of main health benefit of cycling is that it is strengthen heart. And it helps you to make happier. The moment, people in Cambodia are riding bicycle rush hour on the road. More than about this, riding bicycle can reduce pollution of earth. We can lose our weight. Sometimes, that one can help​ to reduce traffic congestion. Conclusion, riding bicycle is important for our body. And it can help our country that don't have too much pollution.