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ADVANTAGES OF RIDING A BICYCLE

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Advantages of Riding a Bicycle

The technological boom started more than one hundred years ago. Since then, people have been captivated by all the things we can use in our everyday life that the question of environmental protection has been completely forgotten. However, more and more people tend to raise the issue of protecting the environment nowadays. The question is: can a single person do something to protect environment? The answer may not be clear, however we will try to prove one aspect of this issue – the advantages of riding a bicycle.

Have you ever thought how many cars does a typical household own? Studies have shown that Americans own an average of 2,28 vehicles (as of 2008)¹. No doubt having a car is convenient, you don't have to wait for a subway, or go to a bus stop, and it is definitely faster than walking. It's a perfect choice for those who have to commute to their work every day. Moreover, you can choose your route yourself when you are traveling. On the other hand, is it necessary to drive a car if you need to get to your friend's place a few blocks away? Are you ready to be stuck in a traffic jam and see the pedestrians get to their destination faster than you? By the way, did you know that an average American worker has to work 500 hours a year – or 2 hours every day – in order to pay for the car². Well, all these questions will help you consider getting a bicycle.

A website called AdultBicycling.com is aimed at popularization of the bicycles. "Cars are a major source of the pollution that is contributing to the environmental problems we have today. Especially in large cities the huge numbers of cars driven by people commuting to work everyday have a huge environmental impact. Most people in the United States use their cars to make even short trips of a mile or less, causing major pollution damage. There's a way to help us all out of this mess – bicycling to work and the store."³ Moreover, they also state some reasons why riding a bike

¹ Study Finds Americans Own 2.28 Vehicles Per Household (2008). Autospies. Retrieved June, 30, 2014 <<http://www.autospies.com/news/Study-Finds-Americans-Own-2-28-Vehicles-Per-Household-26437/>>

² Schwartz, James D. (2011). *Americans Work 2 Hours Each Day To Pay For Their Cars*. Para 2. Retrieved June, 30, 2014 <<http://www.theurbancountry.com/2011/05/americans-work-2-hours-each-day-to->

[pay.html](#)>

³ Travers, Jerry (2013). *Health Benefits of Cycling*. AdultBicycling. Retrieved June, 30, 2014.

<http://www.adultbicycling.com/component/content/article/9-bicycling-basics/37-health-benefits-of-cycling-ii.html>

is good for your health:

- **Cycling is one of the easiest ways to exercise.** You can ride a bicycle almost anywhere, at any time of the year, and without spending a fortune.
- **Cycling builds strength and muscle tone.** Contrary to normal perceptions, cycling is not a fitness activity that solely involves the legs. Cycling builds strength in a holistic manner, since every single part of the body is involved in cycling.
- **Cycling increases muscle tone.** Cycling improves general muscle function gradually, with little risk of over exercise or strain. Regular cycling strengthens leg muscles and is great for the mobility of hip and knee joints.
- **Cycling improves cardio-vascular fitness.** Cycling makes the heart pound in a steady manner and helps improve cardio-vascular fitness. Studies have shown that cycling to work will increase cardiovascular fitness by 3-7%⁴.

Bicycles for transportation is fast, fun and healthy and they improve our cities, our people and the world⁵. Perhaps, bicycle is not as fast as a car (quite a debatable question considering traffic during a rush hour). But there are still strong reasons why each person should consider getting a bicycle to travel around the city. Not only will you help the environment, but it will also be beneficial for your health.

⁴ Travers, Jerry (2013). *Health Benefits of Cycling*. AdultBicycling. Retrieved June, 30, 2014.

<http://www.adultbicycling.com/component/content/article/9-bicycling-basics/37-health-benefits-of-cycling-ii.html>

⁵ Alter, Lloyd (2011). *Americans Are Working To Feed Their Cars, Not Their Families*. Treehugger. Retrieved June, 30, 2014 <<http://www.treehugger.com/cars/americans-are-working-to-feed-their-cars-not-their-families.html>>

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