



ADVANTAGES AND MERITS OF CYCLING AND PHYSICAL ACTIVITY ON HEALTH

Rakhee Poovanna. M

**Asst Director of Physical Education
Government First Grade College, Virajpet. Kodagu**

Abstract

In the view point of health, the habitual cycling has achieved attention from health part which is intended to boost the stage of bodily process, and from transport -scheduling segment to provide upright reason for outlay in cycling. In this article we have discussed about the physical activities and cycling benefits on health. Cycling is a major form of mobility in developing country like India. The cycling plays a prominent and effective ways of transport system in states of India. Cycling has plentiful return in terms of compulsion on petroleum, emission free, likewise free from polluting the surroundings. The cycling in turn benefits our health and body system to increase the physical activity. The health divisions have begun in the direction of tie up cycling for its imminent to amplify physical endeavor and intensity of physical activities in kids, adults and older adults. W H organization suggested to bare least possible or at least two hours thirty minutes of temperate physical movement per week. Significant consequences of the virulent disease Covid-19 and the related precincts imposed by different countries are amplified curiosity in cycling. People started to avoid travelling in the public transportation like bus; taxi and train to safe guard themselves from infection of this virus. Cycling is a form of physical fitness activity that imposes the cardio-respiratory and system of the body, hence provide the similar health advantage of collective forms of physical fitness activity.

Keywords: Cycling, Health, Physical Activity, Fitness, Transportation, WHO.

Introduction

Cycling is a major form of mobility in developing country like India. The cycling plays a prominent and effective ways of transport system in states of India. More than 20% of our population use cycle as the means of transport system in urban as well as rural states. Cycling is the sustainable transportation means in developing countries. Cycling has abundant benefits in terms of dependence on fossil fuels, emission free and free from polluting the surroundings. The cycling in turn benefits our health and body system to increase the physical activity. This means of transporting system helps to improve access to occupations, education system and health facilities. In recent days, health and ecological excellence have come into vision as the drivers of supporting cycling activities.

In the health view point, the habitual cycling has attained consideration from health part intended to boost phase of bodily activity, from the convenience and scheduling sector, to give good reason for outlay. The health sectors have commenced to tie up cycling intended for its possibility to amplify bodily endeavor and intensity of physical activities in kids, adults and older adults.

WHO suggested a least amount of two hours thirty minutes of temperate physical movement per week is necessary. But regardless of significant profit, growing percentage of population fails to reach suggested position of

activity. Incorporating cycling every day schedule offers a hopeful proceed to boost bodily activity. Numerous citizens spends time in different entertaining activities like watching cinema, playing video games but never transform their time to spend an hour to do exercise or workouts.

Significant consequences of the virulent disease Covid-19 and the related precincts imposed by different countries are amplified curiosity in cycling. People have started avoiding travelling in the public transportation like bus, taxi and train to be safe guard them self from infection of this virus. The anxiety of getting infected leads people to take interest in cycling and it also helps in maintaining social distance from the crowd as well as it in turn helps the individual to engage themselves in physical exercise.

In the last years, the overall number of total recorded motor-vehicles in India has grown at a compound annual growth rate. These tendencies have been lead by the unmatched rate of urban development and growth of population in India. The abovementioned trend is a root of alarm as mechanical transportation has enormous disappointing in terms of emission from vehicles, augmented level of dependency on fuels, vehicle jamming, contamination of air as well as road mishap, which extensive inference for the financial system and the social order.

Bicycle is the most efficient means of transportation system which is sustainable and non pollutant. European and other continents were effectively using this transportation and they are global leaders in transforming bicycling for traveling. Numerous steps were taken by the European countries like Netherland, Germany, United Sates of America, and England to put together a sociable infrastructure progress and executing policies to increase the level of bicycling.

In India, the lower income group of people and students are largely dependent on this type of transport system. In order to encourage, Bicycling is the responsive infrastructure which is necessary. In developing countries like India the economy matters a lot and we are mainly depending on the fuel which is imported from outside the countries. The use of bicycling for travelling for a short distance will definitely helpful in promoting and influencing the economy of our country.

Advantages from physical activity and Cycling

However, cycling has maintained an inconsequential aspect in transportation along with health approach, with merely a small number of expected standards. Progress in investigation has created a strong connection among physical activity, exercise and improved health result for numerous populations. Benefits like Cardio-respiratory Endurance, muscular Endurance, and good body composition. Non infectious health diseases like diabetes, some form of cancer, hypertension, joint and bone disease and depression will be reduced by the daily physical activity and exercise.

Cycling is a form of physical fitness activity imposes the cardio-respiratory as well as metabolic system of the body, thus providing the same health benefits of general forms of physical fitness activity. Cycling is an enormous form of activity related to body with resourcefulness in intensity type related to competitive events, recreational as well as inspiring with lot of connection and varied benefits to health and well-being.

Physical health outcome of cycling is encouraging and having low risk. The main approach for health profit from cycling is active physical activity. Further beneficial mean includes improvement of quality of life to do work or to exercise are the benefits achieved through cycling. Some positive consequences, such as better acquisition of knowledge or perception or moderate risks of dejection, may drive a mix of all these sequence.

Routine physical activity is having the health benefit and effects on Life prospect, cardio-respiratory health, skeletal and muscular strength, maintains healthy body weight, healthy body structure, good bone condition, quality in sleep, increases the value of life, self-regulating and ability to move with good performance of cognitive functions. On the other hand, the regular fitness activity reduces the risk of Coronary heart diseases, high pressure in blood, and sudden blockage causes stroke; diabetes, cancer of intestine and breast.

In the same way, there have been a striking or increasing inflation in over body weight along with excess obesity, amongst both fully grown person and in children. Being over body weight adds many risk factors of persistent health

condition such as Cardiac ailment, diabetes mellitus and some type of cancers. Taking part in activities such as brisk walk or cycling targets the health's interest and the possibility to encourage people in achieving suggested levels of activities.

Conclusion

In particular, cycling can create significant ecological compensation predominantly lessening of atmosphere infectivity in the urban areas and weather modification in a wide-reaching scale. In this way, a worldwide study evaluated distinctive forthcoming situation of amplified effective transport and found a noteworthy decrease in carbon-di-oxide discharge in the circumstances wherever bicycle practice were improved. In addition, cycling needs having fewer basic infrastructures than automobiles which is more energy competent which adds the enhanced life values and standards. Furthermore, cycling results in social advantage and for many citizens, cycling is a means of socialization.

Finally, the administration should instigate mass consciousness promotion to emphasize the mixture of benefits of cycling. A countrywide attentiveness promotion should be initiated with governmental organizations to boost the practice of cycling. The focal point of the promotion should be to stress the financial, societal, wellbeing and conservational returns of cycling and to modify the insight of the cycle as the underprivileged mode of transportation.

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