



Get Fit – Stay Fit

Cycling



As USPHS Officers, it is important to stay fit throughout the year by participating in strength training and aerobic exercises such as cycling.

Cycling benefits:

- **Reduces body fat**
- **Improves cardiovascular fitness**
- **Increases muscle tone**
- **Improves heart health**
- **Controls weight by burning calories**
- **Improves coordination**
- **Increases stamina**
- **Reduces stress and/or depression**
- **Fun activity for the entire family**
- **Provides low impact aerobic exercise**

Note: Most people can do cycling but it is still best to consult your doctor when incorporating a new activity into an overall fitness program.

Cycling options:

- **Road/Paved Trails**
- **Mountain Biking**
- **Cycling machines at gym**
- **Spin Class at gym**
- **Commute to work**



Reference: *The Health Benefits of Cycling* written by Jerry Travers. Retrieved May 19, 2012 from <http://www.adultbicycling.com/component/content/article/9-bicycling-basics/37-health-benefits-of-cycling-ii.html>

Bike to Work Week and Reduce Heart Disease Risk by Half written by Sy Kraft May 20, 2011 retrieved May 20, 2012 from <http://www.medicalnewstoday.com/articles/225940.php>