

Exercise and cycling



I always heard people complain on the limited parking space inside the university. The limited parking spaces in UTAR cause many lecturers and students late into their classes. Sometimes, they need to use half hour to find a parking space for their car. I know all of you who drive will face this problem, right? However, we can solve this problem easily by cycling. Good morning everybody, today I would like to inform you all about the benefit of cycling. First, cycling can make us look younger. Cycling can reduce the signs of ageing and reduce the appearance of wrinkles.

Cycling is one of the exercises that increase our blood circulation and optimize collagen production in our body. It also can speed up our healing process. Besides, Scientists at Stanford University have found that cycling regularly can protect our skin against the harmful effects of UV radiation. So, cycling will make us "younger" no matter how old you are or how your skin looks. Keep on cycling. It's worth! Second, through cycling we can keep fit. We can save on the money we spend on the gym. This is because cycling burns more fat.

Sports physiologists found that the efficiency of our body burns calories and fat is raised when we taking a ride. Only cycling for 30 minutes, we could burn a higher amount of total calories for a few hours. Regular cyclists enjoy a fitness level equal to that of a person who's 10 years younger. So, cycling can make us healthier and fitter. Thirdly, cycling can make us cycle away big "C". What is the big "C"? The big "C" is cancer. There's plenty of evidence show that any exercise is useful in warding off cancer. But some studies have shown that cycling is good for keeping our cells in working order.

One long-term study carried out had found that men who exercised at least 30 minutes a day have a low chance to develop cancer. The exercise suggest by them is cycling. For women who cycle frequently reduce their risk of breast cancer by 34 percent. As a result, cycling can help us reduce the risk of cancer. In conclusion, cycling make us look younger, help us get fit and cycle away big “ C”. Exercise and no parking problems, it is fun. So, taking up cycling could be one of the best decisions you ever make. Let us get a bicycle from today; you will certainly not regret it, if you live.