



Cycling for Seniors



Cycling is an excellent exercise for seniors, which offers aerobic fitness benefits that can help to reverse some of the effects of ageing. It is also a very enjoyable way to get outdoors.

Riding a bicycle is kind to your body as it has none of the joint shock from continuous impact with the ground that occurs during other activities such as jogging and power-walking.

Regular riding can help to reduce symptoms associated with arthritis, hypertension, asthma and depression, and can also help prevent heart disease when this is coupled with a diet that is low in fat, salt and sugar.

Some recent health surveys have found that people over the age of sixty who cycle regularly are 50 per cent less likely to have a heart attack.

Any exercise is good for you, especially exercise that uses the major muscle groups.

Remember to enjoy your cycling and avoid trips that are too exhausting or intense. Start slowly and gradually increase the distance that you ride and/or your speed.

Seek out the excellent information available on routes and cycling rules, and consider joining a club to share the experience with other like-minded people.

Remember though that if you are over 45 and suffer from a heart condition, obesity or high blood pressure, or if you are a smoker, see your doctor before starting any form of new physical exercise.

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