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Sign up for the Century Challenge and ride 50, 100, 500, or 1,000 miles in July to earn a free t-shirt AND \$50 in-store coupon! Join the Challenge Save on Mountain bikes Save on city bikes Shop e-bikes \$2,500 and below See the e-bike buyer's guide Buy in-store or online. Pick up your bike at your local Trek shop or get it delivered right to your front door. If you're not in love with your bike, we'll take it back within 30 days with no additional charge. Your local shop has the knowledge, products, and expertise to help you get the most out of your new bike. – Laurie Koch, VP of Customer Care The Dine and Gallup Comp NICA teams. Read the story How one school's bike tech program is helping kids build a brighter, broader future. Read the story How Justinas Leveika quietly set one of the most impressive records in cycling. Read the story How we developed our fastest and most capable cross-country MTB ever. Read the story Our mission Trek started in a small Wisconsin barn in 1976, but our founders always saw something bigger. Decades later, we're on a mission to make our world a better place to live and ride. Benefits Drawbacks and safety Cycling every day Who shouldn't cycle Takeaway Cycling is an enjoyable way to stay healthy. It can also help you lose weight, lower your cholesterol, and improve your balance. Cycling is a low impact aerobic exercise that offers a wealth of benefits. It also varies in intensity, so it's suitable for all levels. You can cycle as a mode of transportation, for casual activity, or as an intense, competitive endeavor. Cycling is a wonderful workout that keeps you active. It can help shape a healthy lifestyle, both physically and mentally. Continue reading to take a look at some of the ways cycling can enhance your fitness level and well-being. Additional studies suggest that including sprint and strength training with regular cycling may temporarily increase your metabolism and build muscle, which allows you to burn more calories, even while at rest. Cycling improves overall function in your lower body and strengthens your leg muscles without overstressing your joints. It targets your quads, glutes, hamstrings, and calves. To make your legs even stronger and enhance your cycling performance, try weightlifting exercises, such as squats, leg presses, and lunges, a few times per week. Riding a bike is fairly simple. If you have difficulty with a standard bicycle, stationary bikes are a great alternative. If you're new to fitness or bouncing back from an injury or illness, you can cycle at a low intensity. As you get more fit, you can increase the intensity or continue to cycle at a chill pace. Studies have shown that even sedentary people reap the health benefits of cycling, so it can be a great introduction for exercise novices. The health-enhancing effects of cycling may help improve cholesterol levels, which can boost your cardiovascular health and lower your chances of stroke and heart attack. According to one review of 300 studies, indoor cycling has a positive effect on total cholesterol. It may boost HDL (good) cholesterol levels while lowering LDL (bad) cholesterol and triglyceride levels. Cycling can ease feelings of stress, depression, or anxiety. Focusing on the road or your cadence when cycling can help you develop concentration and awareness of the present moment, which may help you focus away from the mental chatter of your day. Research backs this up. One study found that biking outside improved the ability to think and feelings of well-being for older adults. If you find yourself feeling lethargic, listless, or like your brain is moving slowly, get on your bike for at least 10 minutes. Exercise promotes the release of endorphins in your body, which helps you feel better while lowering your stress levels. As the study above found, exercise outdoors only increases these effects. You may feel more confident and content once you make cycling a regular part of your life. In 2022, the American Society of Clinical Oncology recommended that oncologists encourage their patients to engage in aerobic and resistance exercise during treatment. Cycling is a fantastic aerobic addition to your care plan if you have or are recovering from cancer. However, many cancer patients experience low energy and pain during treatment, so be sure to work with your care team, listen to your body, and exercise only if you're up for it. Cycling can also help keep you lean and fit, which may reduce your risk for certain types of cancer, including breast cancer. According to research from 2019, if you have breast cancer, staying active may help reduce side effects of cancer treatment, including fatigue, and improve your overall quality of life. Beginning your day with a healthy activity like cycling wakes you up by boosting your circulation and allows you to start your day with a sense of accomplishment. It may also improve your executive functioning and help you make more positive choices as the day progresses. The caveat? The research seems to show that this is mainly true for casual bikers, and it's not recommended that highly trained athletes fast before long endurance rides. Whether you want to prevent health concerns from arising or manage existing conditions, regular exercise is key. Cycling regularly is one way to avoid a sedentary lifestyle and its possible accompanying health concerns. In fact, more recent research suggests regular cycling can lower mortality rates for people with diabetes by 24% and, if continued for at least 5 years, can decrease mortality rates by 35%. Reduce your carbon footprint by riding your bike whenever possible. Research in Europe found that commuting by bike instead of by car once a day decreases your transportation carbon footprint by 67%. Cycling is a great alternative to transportation options that involve sitting in traffic for extended periods. It's especially useful when you're going places that are a bit too far to walk, but you don't want to take a car. A bonus is not having to fight for a parking space in crowded areas. Balance tends to decline with age and inactivity, so it's vital to stay on top of it. Improved balance is beneficial in the prevention of falls and fractures, which can help decrease your risk of injury and keep you off the sidelines. Cycling is easy on your body, providing a gentle, low impact option for people who want an intense workout without stressing their joints. Cycling is a great option for people who have joint concerns or overall stiffness, especially in the lower body. Cycling is a fantastic way to raise your heart rate, improve cardiovascular function, and enhance your overall fitness level. The results of a 2019 review suggest that cycling is linked to a lower risk of cardiovascular disease. It's also associated with lower mortality rates and lower rates of physiological risk factors such as diabetes, physical inactivity, and high blood pressure. There are a few drawbacks to cycling to consider. These mainly apply to outdoor cycling, which involves variables outside your control. A serious disadvantage is the risk of an accident, whether in an urban or rural area. According to the U.S. National Safety Council, in 2023, there were 1,166 accidental cyclist deaths and 405,688 emergency department-treated injuries associated with bicycles. When possible, ride in lanes reserved for cyclists or on neighborhood streets. Some research has shown that cycle tracks, and streets within 550 meters of the tracks, have fewer collisions between cyclists and vehicles. Always follow traffic laws. Use caution when crossing intersections and in busy areas, even if you have the right of way. Invest in a quality helmet and be sure it fits correctly. Wear any other protective gear you may need for the weather and road conditions. Avoid wearing any loose clothing that could get caught in your bike chains. Use bike lights and reflective gear for nighttime cycling or early morning cycling before the sun comes up. If bike-commuting a long way to work, consider bringing a change of clothes to freshen up. Inclement weather can also be an obstacle. On days when it's not possible to cycle outside, you can ride a stationary bike or choose another activity. If cycling is your mode of transportation, invest in rain and cold-weather gear and have a backup transportation plan for when conditions are unsafe for riding. For extended daytime rides, use sunscreen on all exposed skin. Reapply every 2 hours, especially if you're sweating. Wear UV-protective sunglasses and a hat. Consider investing in UV-protective clothing. Air pollution is another concern if you're cycling in a city. You may choose to cycle on days when the air is cleaner or ride on less congested roads. It's possible to cycle every day, especially if you use your bicycle for transportation or ride at a low intensity. Take a break if you experience pain, fatigue, or muscle soreness. If you're cycling for fitness, you may want to give yourself at least 1 full day of rest each week — especially if your rides are longer or higher in intensity. Researchers suggest that cyclists need a recovery period to prevent injury and enhance performance. This is especially important if you ride at a high intensity or find your body getting sore in specific ways. If you have any injuries that cycling will affect, it's best to stay off the bike until you fully recover. Talk with your doctor if you have any conditions that cycling may affect. People who have concerns with balance, vision, or hearing may prefer a stationary or adaptive bicycle. If you don't want to cycle but want to give your body a similar cardio workout, opt for a rowing, stair-climbing, or elliptical machine. You can also run hills, swim, or walk. Cycling is an enjoyable way to stay healthy and in touch with the world around you. If the weather is in your favor, hop on your bike and go the distance. Cycling is a wonderful way to explore your local area. And it beats the feeling of boredom that can come from repetitive workouts. Just play it safe and use caution when necessary, especially on busy roads or during inclement weather. When the weather is not conducive to outdoor cycling, indoor cycling is a great option that still offers many health benefits. Either way you ride a bike, appreciate the satisfaction that comes from improving your fitness while having fun. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. Bicycle deaths. (2025). C, et al. (2021). The climate change mitigation effects of daily active travel in cities. M, et al. (2019). Health benefits of indoor cycling: A systematic review. Vecchio L, et al. (2020). Concurrent strength and sprint training increases resting metabolic rate in Masters road cyclists. 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