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BENEFITS OF CYLING FOR ELDERS

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Cycling is not only good for our physical health, but also for our mental health and is an excellent approach to combat daily stress.

"Outdoor exposure in the middle of nature destresses the mind, and especially if you are in a group, it gives you the chance to explore and enjoy the nearby areas.

"Cycling is an ideal form of exercise because the risk of significant injuries associated with weightlifting is minimal. It enhances the functionality of the heart and lungs and minimises the risk of acquiring cancer. The gluteal muscles, quadriceps, hamstrings, calves, and abdominal muscles are among the major muscular groups that are strengthened by cycling."

Bicycling is a common form of transportation and recreation that has increased in popularity among tennagers and the elderly. In recent years, the number of elderly cyclists has steadily increased, with ease of use, need for exercise, and enjoyment cited as important contributing factors.

Elders riding bicycles, however, is not without controversy; there is a rift between experts who say cycling benefits the user not only by improving their physical strength, but also their mental and emotional aspect, and those who claim that cycling individuals mostly end up getting injured due to accidents or falls from the cycles, which has a negative effect on the individuals as opposed to a positive one. So taking only the positive side of the story we head into this article.

GENERAL BENEFITS OF CYCLING

1) Cycling enhances brain growth, which aids in the improvement of children's learning skills and concentration.

2) Increases exercise and reduces childhood obesity while simultaneously making youngsters joyful, proud of their accomplishments in learning to ride a bicycle, and more confident, which helps build their positive behaviour.

Cycling as a low-stress and low-impact exercise is fantastic for their heart and lungs and aids in maintaining improved eye coordination, joint mobility, balance, and flexibility. Cycling may also be used as a therapy for adults, as it can help them feel younger and live longer.

4) Cycling is a terrific way for children to preserve bone density, gain confidence, become more aware of their bodies and environment, and aid in their social development, while simultaneously boosting their immune."

5) Cycling can be very protective against breast cancer for females. It is not only beneficial for their heart, but also prevents breast cancer.

6) Cycling outdoors also provides a necessary dosage of vitamin D, strengthens muscles, improves sleep, and boosts self-confidence.

7) It works all four limbs, strengthens the quadriceps and thighs, and prevents the accumulation of body fat around the abdominal muscles, which is frequent in women after pregnancy and childbirth. It boosts immunity, combats sleeplessness and stress, and enhances digestion.

8) Enhance cardiorespiratory function: Those who cycled continuously for eight weeks demonstrated significant improvements in VO2 max, cardiorespiratory fitness, and body fat.

9) Reduces the likelihood of contracting cancer, particularly colon and breast cancer.

10) Enhances joint mobility and flexibility.

Reduces anxiety and depression, hence improving mental wellness.

12) Reduces the likelihood of acquiring cardiorespiratory diseases and diabetes.

13) Enhances brain health - Cycling increases blood flow to the brain, which reduces the rate of cognitive decline as people age.

In addition to the general advantages of riding, there are additional advantages for the elderly. The following are the advantages of cycling for seniors.

BENEFITS OF CYCLING FOR ELDERS

1. It is a low-stress, low-impact exercise.

When cycling, the body moves in a fluidic motions that do not place it under unnecessary stress. Several often prescribed exercises for seniors, such as running, are high impact and, over time, may injure various body components. As you jog, you place a great deal of stress on your knees, ankles, and feet. The circular movements that propel you forward when cycling place little strain on the body.

2. Senior cycling and weight loss

Seniors are no longer as active as they once were, and as a result, they acquire weight, which can lead to diabetes and cardiovascular disease. Cycling is a fantastic way to stay active and maintain a healthy weight. Cycling burns calories every time they hop on a bicycle. As they become more accustomed to riding and are able to cover longer distances, they will lose more weight. Mixing cycling with another low-impact exercise like swimming is an ideal approach for senior citizens to maintain their fitness.

3. Cycling is beneficial for the heart.

Stroke, cardiovascular disease, and heart attacks are the leading causes of death among the elderly. Cycling is an excellent approach to prevent these chronic diseases. Cycling is an excellent strategy to increase your heart's capability. The body need more oxygen to keep you going, which forces the heart to pump harder in order to maintain cells adequately oxygenated so that they can release the energy necessary to keep you going. As an individual improves as a biker, his heart becomes even stronger, decreasing the likelihood that they may develop a heart-related condition.

4. Also beneficial for memory

Bikes for seniors are ideal for people concerned with memory loss or chronic diseases such as Alzheimer's disease and dementia. As they cycle, the body operates at maximum capacity, ensuring that the brain receives sufficient oxygen, which activates the hippocampus, which is responsible for memory. Cycling is advised for individuals who want to prevent memory-related diseases as well as those who are in the early stages. Those recovering from a stroke or heart attack can also benefit from this activity.

5. Excellent approach to lower the risk of cancer

Obesity is one of the primary causes of cancer. According to a recent survey by the World Health Organization, obesity is now the main cause of common malignancies, surpassing smoking. Cycling results in weight loss, which decreases the risk of acquiring cancer.

6. Cycling is a fantastic method for seniors to exercise together.

According to research, senior citizens with an active social life are healthier, happier, and live longer. Cycling is a fantastic way to have fun with your pals several times per week. It might be as simple as riding your bikes to the pub for a beer and enjoying the scenery, or you can all practise for an upcoming cycling competition.

7. Cycling enhances sexual life.

We become less sexually active as we age, not because we choose to, but because our bodies no longer manufacture the hormones essential to keep us sexually active.

Senior cyclists can be a great aid in maintaining sexual activity. According to specialists, older men who cycle have approximately 25 percent more sex than those who do not, and women can delay menopause by up to five years by cycling.

8. Superior for muscle strength

Loss of muscle tone, which leads to a decrease in muscular strength, is a typical condition among the elderly. Mitochondrial health, which is directly influenced by regular cycling exercise, has a direct influence on muscular health. The more cycling you do, the healthier your mitochondria, the healthier your cells, and the stronger your muscles will be. If you want to maintain your strength as you age, you should purchase a bicycle designed for seniors.

9. Cycling will aid seniors in living longer and healthier lives.

This once again relates to mitochondria. When a cell has sustained so much mitochondrial damage that it can no longer sustain life, it dies. It might be brought on by illness or old age. The many biological components in the mitochondria cease to function as they age, and the generation of new ones ceases as well. Cycling helps maintain mitochondria healthy for longer, which leads to a longer lifespan.

10. Cycling is enjoyable

Elders commonly complain of feeling bored. People frequently feel as though the world has moved on without them. A bicycle is the best way to get out into the world and become a part of the action. Every time you do it, you will be able to drink in the surrounding scenery, meet new people, and get a terrific workout.

As stated at the beginning of the article, some experts believe that riding is more destructive than beneficial to health due to the risk of falls and accidents. Listed below are procedures that can be taken to reduce the likelihood of a fall or accident and maximise the enjoyment and benefits of cycling.

ADDRESSING SAFETY CONCERS OF ELDERS WHILE CYCLING

1. Using safety equipment - Safety precautions, such as wearing protective gear such as helmets and selecting the proper bicycle, are recommended to reduce the risk of sustaining injuries when riding.

2. Avoid cycling in the rain, during windy weather, and during high heat, as well as at night. If you wish to cycle in such an environment, you should wear reflective strips and a reflective jacket. This can help reduce the frequency of accidents.

3. Strength training before cycling - If you haven't pedalled a bicycle in a long time, it is recommended that you begin some basic strength training exercises for your legs at least one week prior to cycling in order to pedal your way to fitness and health.

4. Vision - If you have impaired eyesight, consult an ophthalmologist before you begin cycling, as you may have trouble observing traffic or reading road signs. Thus, replace your lens or as directed by your physician.
5. Before leaving, verify your route. You may wish to consider the amount of traffic on your planned route. If there is too much traffic, it may be prudent to choose a longer, but quieter route.
6. Catch up - If you are riding with a younger group, resist the urge to ride faster or catch up to the leader. Recognize your fitness and limitations.
7. Usage of cell phones or earbuds - Avoid using cell phones or earbuds while cycling. The majority of accidents on the road nowadays are caused by such risky cell phone use. As a result of listening to music on earbuds, one may become distracted or fail to hear traffic horns, leading to the possibility of an accident.
8. If you wish to stop for a break while riding, ensure that you do so in an area with less traffic, on the side of the road, and not near a curve or bend in the road.
9. Have a companion - If possible, try to go with someone else.

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