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This week on Ireland’s Classic Hits Radio we’re looking at the second hand bikes that are available at ‘Rediscover Cycling’ in the Rediscovery Centre.

**Benefits of getting back in the saddle!**

Riding a bike is fun, improves your physical and mental wellbeing, is convenient for getting around locally and is environmentally friendly.

**Mental health**

Riding a bicycle can improve your mental health and wellbeing. Some of the mental health benefits of bike riding include:

* decreased stress and anxiety levels
* triggers the release of ‘feel good’ chemicals in the brain that make you feel happy
* decreased risk of depression
* better sleep
* boosted creativity and productivity.

**Convenience and efficiency**

Travel time by bicycle is more predictable than by motor vehicle as traffic is rarely a problem.

**Physical activity**

Health professionals recommend at least 30 minutes of moderate-intensity physical activity each day. Bike riding is a great way to exercise while having fun.

**Economic benefits**

The cost of buying and maintaining a bike is around 1% of the cost of buying and maintaining a car.

**Community benefits**

More bicycle riding in a neighbourhood means fewer cars which can lead to a safer road environment.

**Environmental benefits**

Bicycle riding uses minimal fossil fuels and is a pollution-free mode of transport. Bikes reduce the need to build, service and dispose of cars. Bicycle riding conserves roadway and residential space, thereby providing opportunities for less concrete and more plant life in urban areas.

**For more information:**

www.rediscoverycentre.ie/about/social-enterprise/rediscover-cycling/

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