

Bicycle safety essay

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10th grade

The benefits of bicycle safety is that it protects people that like to ride bikes and make sure that they are safe the whole ride. Riding a bike can also benefit people's health and could help people gain muscle or have weight control. Those are some of the benefits that riding a bike has.

Bicycle safety is very important because a lot of people get hit by cars when riding bikes because their bike lane is on the side of the street. The city should make a park or a separate area for people that want to bike to go to because that would be a lot safer for them. When people are riding bikes on the road people should not have to worry about if a car is going to hit them. There are so many health benefits to riding a bike it helps to exercise and you can lose a lot of weight. But a big thing that riding a bike does to you is improve your mental health and can reduce the amount of health problems you could have. Some diseases that riding a bike could prevent are obesity, heart disease, cancer, mental illness, diabetes and arthritis. According to better health.vic.gov. Au. "Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment". That is why more people should ride bikes and make it safer.

Bibliography

Better Health Channel: “Cycling health benefits”. Foundation,
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