

Bicycle Essay 300 words or less

Mia Nieves
Wellington Community High School
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Although exercising with bicycles improves cardiovascular fitness and significantly enhances healthy weight, cycling can cause life threatening situations.

This paper will focus on the life threatening situations for bikers. Bikers can be vulnerable in traffic, and road hazards. Air pollutants and adverse weather conditions. There are measures that can be taken to reduce pollution exposure for cyclists, and designated bike lanes and paths, as well as implementing traffic calming measures to reduce the risk of accidents. "In 2014, Kelly et al. Published studies comprehensive systematic associated review and meta analysis collating evidence from all published studies in healthy adults investigating association between participation in cycling and risk of mortality."(3)

It is also important for drivers to be educated in sharing the road with cyclists and for them to practice safe driving habits, such as giving cyclists enough space and being aware of their surroundings. To mitigate these risks, it is important for cyclists to take necessary precautions and follow safety guidelines while riding. This includes wearing proper safety gear such as helmets and as well obeying traffic laws. Furthermore, city planners and policy makers should also highlight creating safe and designated bike lanes. This could help to reduce the risks of accidents and pollution exposure for cyclists and the individuals around the area. According to the National Institutes of Health (gov.), there are levels of cycling beyond this range associated with further lowering of mortality risk.

Road hazards are also a potential danger for cyclists. For example, debris, potholes, and uneven pavement can cause accidents and injuries. Wearing a helmet and other protective gear can also help reduce the risk of serious injury in case of an accident. Another concern from individuals when cycling is the exposure to pollution.

Getting some fresh air and exercise outdoors are great ways to maintain a healthy status. However, it can expose individuals to other health issues. Cycling may have numerous health benefits, it is important to be aware of the potential risks and take necessary precautions. Cyclists can minimize the chances of accidents and enjoy a safe and healthy ride.

In conclusion, it is important to acknowledge and address the potential dangers and risks associated with bicycling as well as addressing health advantages. Bicycling can help people maintain a healthy weight. However, it is important to also consider possible risks when it comes to cycling.

Bibliography

National Institutes of Health (gov.): "Benefits,risks,barriers, and facilitators". The National Institutes of Healh (gov.), 2023 Sep 19,<https://www.ncbi.nlm.nih.gov/pmc/articles/>.