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The Health Benefits of Cycling

A recent study, published in the American College of Sports Medicine's flagship journal, has shed light on the significant health benefits of cycling, particularly in relation to knee health and longevity. This research found that individuals who engage in regular cycling are less likely to suffer from knee pain and arthritis as they age. Participants in the study who cycled were 21% less likely to show signs of osteoarthritis in their knees compared to those who did not cycle. These findings are incredibly promising, especially for those looking to maintain an active lifestyle into their later years ([MPR News](#)) ([EverydayHealth.com](#)).

At Gorsefield Rural Studies and Outdoor Activity Centre, we have long advocated for the numerous benefits of cycling. Cycling is a core activity in our programmes, and we take pride in teaching non-cyclists to ride while helping seasoned cyclists enhance their skills. This new research underscores the importance of our mission. By fostering a love for cycling, we not only promote physical fitness but also contribute to the long-term health of our visitors.

The study, funded in part by the National Institutes of Health, included about 2,600 participants with an average age of 64. These individuals, despite having elevated risks for developing knee arthritis, showed significant health benefits from cycling. The non-weight-bearing nature of cycling makes it a suitable exercise for reducing the risk of joint stress and associated pain ([MPR News](#)) ([EverydayHealth.com](#)).

We also focus on safe cycling practices, emphasizing the importance of proper technique and equipment to prevent injuries. Cycling helps build strength in the muscles around the knee, which can protect the joint and improve overall joint health. Additionally, the rhythmic motion of pedaling promotes the circulation of synovial fluid, reducing friction and nourishing the cartilage in the joints ([MPR News](#)).

At Gorsefield, our cycling programmes are designed to be inclusive and adaptable, ensuring that everyone can participate regardless of their fitness level. By integrating these activities into our offering, we provide our visitors with a sustainable way to enhance their health, manage pain, and enjoy the numerous mental health benefits associated with regular physical activity.

The recent findings on the health benefits of cycling align perfectly with our objectives at Gorsefield Rural Studies and Outdoor Activity Centre. We remain committed to promoting cycling as a lifelong activity that supports physical health, mental well-being, and overall longevity.

For more information about our cycling programmes and other outdoor activities, please visit our website at [Gorsefield Rural Studies and Outdoor Activity Centre](#).

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Please contact me at Pjackson@Gorsefield.org for more information, to arrange a visit and to explore our residential and day visit offer.

Paul Jackson, Headteacher
Gorsefield Rural Studies and Outdoor Activity Centre
www.gorsefield.org

