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SWOSU

Bulldog Wellness

June 2023

June 3rd is World Bicycle Day

Bicycles, invented in Europe in the nineteenth century, presently number more than a billion, and are used all over the world. Cycling is a non-weight-bearing, low-impact exercise that is easy on the joints, great for aerobic fitness, fun for people of all ages, and is becoming one of the most popular activities for seniors.

Bicycles have undergone significant changes over the last 50 years. There are now bicycles for riding on paved roads, dirt roads, over rocks and boulders, and on snow. There are recumbent bicycles for those who prefer sitting in a traditional seat with a backrest, as well as tricycles and unicycles. If you are concerned about riding in traffic there are stationary bikes at the wellness center or other fitness centers (for example the Great Plains Family YMCA has morning spin classes) or you can purchase an inexpensive [trainer](#) and use your bike in your living room—with more [expensive trainers](#) you can participate in online classes and see the world (still from your living room).



If you want to participate in group rides, talk to local riders, or check out the [Oklahoma City Bicycle Society](#) which has a range of weekly rides for people from beginners to advanced. But don't be afraid to just dig that old bicycle out of your garage, pump up the tires, and take a spin. Be sure to wear a helmet.

The World Health Organization (WHO) actively promotes cycling for its countless benefits to health and the environment:

- Increasing physical activity
- Reducing noncommunicable diseases such as cancer and diabetes
- Decreasing air and noise pollution

In line with World Bicycle Day, WHO has released a range of resources and materials to promote cycling, improve road safety and enhance the health and well-being of people and the places they live, work, and play. Check them out here: [World Bicycle Day \(who.int\)](#)