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Pedal Your Way to a Healthier Mind

This Mental Health Awareness Month, discover the multiple benefits of cycling for your mental health.

May is Mental Health Awareness Month. The perfect time to remind ourselves that taking care of our mental well-being is just as important as taking care of our physical health. If you're feeling down, get on your bike and let the good times roll! Because biking isn't just a way to get around—it's a natural antidepressant that can lift your mood and boost your mental well-being. Discover here the reasons why:

- **Serotonin: the happiness hormone**

Biking has been proven to be a natural antidepressant. When you hit the road, your brain releases serotonin, also known as the happiness hormone. And the best part? Your serotonin levels can increase by up to 200 percent just by pedaling, so you can keep that happy feeling going all day long!

- **Connect with nature**

Feeling stressed? Take a break and ride around through green areas. Studies show that spaces around nature have a calming effect on our mental health, reducing stress levels and promoting relaxation and happiness. So, hop on your bike and explore new areas of your city to feel refreshed and energized.

- **Extra boost of focus and mindfulness**

Pedaling requires concentration and focus, making it an excellent way to practice mindfulness and stay present in the moment. As you cycle, you'll become more aware of your surroundings and body, leading to a sense of peace and tranquility. It's like meditation on wheels!

- **Discover a sense of belonging and community**

Biking is also a great way to connect with others and build stronger, mentally healthier communities. Whether you're biking with friends, family, or strangers, exploring new areas of your city can bring people together in a powerful way. It's a great way to meet new people and create meaningful connections while enjoying the outdoors.

At Swapfiets, we believe in the power of biking to improve both our well-being and the world around us. So whether you're a trained rider or new to the game, join us in experiencing the countless benefits that biking can bring to your mental health. Even a short ride can give you a sense of accomplishment and leave you feeling amazing, so let's cycle our way to better mental health. One pedal at a time.



Sources

- "The Effects of Cycling on Mental Health: A Systematic Review" by Oja et al. (2019):
- "Cycling for Mental Health: A Scoping Review of Empirical Studies" by Busch et al. (2019)
- "Active Commuting and Mental Health: A Systematic Review" by Stathopoulou et al. (2017)

ORIGINAL URL

<https://news.swapfiets.com/en-NL/226096-pedal-your-way-to-a-healthier-mind>

ABOUT SWAPFIETS

Over Swapfiets

Swapfiets is 's werelds eerste 'bike as a service' bedrijf met een circulair businessmodel. Opgericht in 2014 in Nederland, groeide de scale-up snel uit tot een van de meest toonaangevende leveranciers van micromobiliteit in Europa, met inmiddels meer dan 280.000 leden in Nederland, Duitsland, België, Denemarken, Frankrijk, Spanje en het Verenigd Koninkrijk. Swapfiets streeft naar meer leefbare Europese steden, een 100% circulaire productlijn en wil in 2025 klimaatneutraal zijn. In oktober 2022 trad Swapfiets officieel toe tot de B Corp gemeenschap om hun missie te verstevigen.

Het concept van Swapfiets is vrij eenvoudig: voor een vast bedrag per maand hebben Swapfiets-leden altijd een werkende fiets. En zijn er onverhoopt problemen, dan wordt de fiets binnen 48 uur gerepareerd of direct vervangen zonder extra kosten. Swapfiets is in Nederland beschikbaar in meer dan 50 plaatsen.

www.swapfiets.nl



The Swapfiets logo, which consists of the word "Swapfiets" written in a light blue, cursive script font.

Swapfiets