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Through raindrops and snowflakes: 5 reasons why cycling year round does wonders for your health

We get it: when the rain hits and temperatures drop, the outside world suddenly seems way less inviting. It's the season of hibernating with pumpkin spice lattes and Netflix marathons. But guess what: just because days get shorter and darker, doesn't mean you have to put your life on hold. Fact: as soon as you start pedaling, your serotonin level increases up to 200%.



Embrace that yes-mentality

As tempting as it might be to go in full on hermit-mode, we challenge you to embrace a yes-mentality this season. Wear a bright raincoat, pick up a fun hat and let no one raindrop or snowflake stop you from being out and about with your beloved bike.

The 5 health benefits of cycling all year round

Not convinced yet? Riding your bike year round comes with some serious (mental) health benefits.

- 1. Sky-rocket your happy hormones** Immediately after you start pedaling, the happy hormone serotonin spikes. You can reach up to an increase of 200 percent as soon as you start riding. The best news of all is that after the ride serotonin stays boosted, keeping you happy throughout the day.
- 2. Amp up your vitamin Daylight** Feeling a bit down in the dumps during the darker days is very common. One of the reasons can be a lack of vitamin D. Your body produces vitamin D when exposed to (bright) daylight. Hopping on the bike instead of that damp bus ensures you'll get more daylight in.
- 3. Keep pedaling and live happily ever after** According to a Harvard Medical School study, biking to work is linked to reduced risk of heart disease, cancer, and early death (as long as you stick to the traffic rules, that is). Research from the Utrecht University claims that cycling adds up to six months to the life expectancy of an average Dutch person and prevents 6500 deaths each year in The Netherlands.
- 4. Strengthen those lungs with cold exposure** During winter your body has to work more efficiently to pump blood and oxygen around your body. These physiological changes sharpen up the performance of your heart and lungs. This way, cold exposure helps to train your cardiovascular system.
- 5. Hatsjie! Dodge the bacilli** Winter is notorious for being the flu-season. You will not only strengthen your immune system by staying active, but also dodge the sneezing and coughing commuters in damp trains and buses.

Brave the elements safe & sound

Safety always comes first. That's why we've equipped your bike with tires that have extra grip and always-working lights. Always feel free to book an appointment through the app if you feel your bike could do with some maintenance. And remember: there's no such thing as bad weather, only bad clothes.

Sources:

* <https://www.health.harvard.edu/blog/11813-201706151181>

* <https://www.bike.nyc/blog/news/this-is-your-brain-on-bikes-the-neurological-effects-of-cycling/>

* <https://www.ics.uci.edu/~wayne/tmp/Lichtenbelt-CELL-2014-Cold-exposure-increasing-energy-expenditure.pdf>

ABOUT SWAPFIETS

Swapfiets is the world's first 'bicycle as a service' company. Founded 2014 in the Netherlands, the scale-up quickly developed being one of the leading micro mobility providers in Europe with 250.000 members in the Netherlands, Germany, Belgium, Denmark, France, Italy, Spain, Austria and UK. The concept of Swapfiets is quite simple: For a monthly subscription fee, Swapfiets members receive a fully functional bicycle or e-mobility solution for their own use. If needed, a repair service is available within 48 hours to repair or directly swap the two-wheeler at no additional cost.



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