

Wellbeing Poster

Our wellbeing poster this week looks at the Health Benefits of Cycling for Children, taken from information received from Balanceability

Health Benefits of Cycling for Children

Children love cycling - it's fast and fun, and gives them freedom and independence to get around. Cycling is considered as a low-impact, healthy, yet fun-filled activity.

Let's look at some health benefits of cycling -



- Cycling Helps in Kids Development
- Exercises Cardiovascular Muscles
- Builds Muscle Mass
- Relieves Stress
- Strengthens Emotional Wellness
- Enhances Socialising Skills
- Improved posture and coordination
- Keeps children active
- Good for the Environment

