



Let's go on a **Joy ride**

Riding your bicycle is good for you mentally, physically and emotionally.¹ There are more bicycles on the streets than ever before.² People appreciate the autonomy and avoiding traffic jams or packed buses and trains. In response, many towns and cities have added dedicated bicycle lanes. They help make riding a less expensive and greener transportation alternative.

There are many kinds of bicycles available. From the most specialized to the most basic, see the next page for a selection of the most popular types.³

Riding bikes regularly each week can improve cognitive function and well-being while increasing physical fitness.¹



Hybrid

Road and mountain bikes: Each is designed for specific surfaces. Road bikes are built for speed on paved surfaces. Mountain bikes are the best for rough terrain, with heavy-duty tires and powerful brakes. Hybrid bikes combine the best of both bikes.



Cargo/freight

Cruiser or city bikes: Built for comfort and affordability, these bikes are the best for touring the town in style.

Trike bikes or tricycles: The three-wheel design lends balance to people who are less confident in their riding skills.



Recumbent

Cargo or freight bikes: Usually made of heavy metal, these bikes can have a cargo platform or a bench for carrying passengers.

Pedal-assist or electric bikes: These are great on hills or if you don't want to get sweaty riding. These bikes use rechargeable batteries and can go up to 20 MPH.



Stationary

Recumbent bikes: With a low-to-the-ground design reclining seat, these bikes are popular with people who may need back or knee support.

Stationary bikes: Sometimes called spin bikes, these are for indoor use. They provide a solid workout that usually comes while watching a live instructor, online class or recording.



Pick your favorite set of wheels and get spinning. Your body and mind will thank you.

Before you start any new exercise routine, talk to your doctor to make sure it's safe for you. When riding, always follow safety guidelines like wearing a helmet and obeying traffic laws.⁴

Learn how we can help support you on your wellness journey.

To sign up or learn more, go to

[Go.Livongo.com](https://www.livongo.com)

¹<https://www.psychologytoday.com/us/blog/building-brain-capital/202309/increasing-your-brain-health-span>

²<https://www.globenewswire.com/news-release/2023/08/17/2727049/28124/en/Bicycle-Market-Trends-2023-2028-Rising-Number-of-Cycling-Events-and-Government-Initiatives-Drive-Demand.html>

³<https://www.bicycle-guider.com/bike-articles/types-of-bikes/>

⁴<https://www.hsph.harvard.edu/bikes/safety-tips/>