

WHAT HAPPENS WHEN YOU RIDE YOUR BIKE?



6 > 60 MINUTES

As the ride slows and you start to cool down, your heart rate returns to normal. Catch your breath and celebrate your accomplishment!

5 60 MINUTES

As blood flow and oxygen to the brain increase, your brain cells kick into high gear, leaving you feeling more alert and focused.



4 45 MINUTES

Enjoy the boost in mood as serotonin and endorphins are released into the blood stream.

1 FIRST 10 MINUTES

You ease into your ride at a comfortable pace, gradually adding speed and intensity to get warmed up. Your muscles loosen and you start to release the stress of your day. It's time to ride!

2 20 MINUTES

As you get into a rhythm, your body starts ridding itself of cortisol, the stress hormone. Just 20 minutes of cycling a day cuts your risk of heart disease in half – keep it up!

3 40 MINUTES

Your heart rate is at its peak and you've reached top calorie burn. Your muscles are firing on all cylinders!

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