



Benefits Of Bike Riding



For A Child



Encourages the child to be physically active

Improves the child's motor skills, coordination, and balance



Enhances muscle and bone strength

Promotes flexibility and joint mobility



Serves as a low-impact workout, stimulating heart health

Boosts the child's confidence and self-esteem



Develops the child's social skills and interactivity

Helps reduce the child's screen time



References:

1. Healthy Benefits of Walking and Biking to School; City of Portland
2. Cycling - Health Benefits; Better Health Channel