



The Benefits of Riding

Learning to ride a bike is a common milestone and is a lifelong recreational activity for many people. Bike riding provides a form of physical activity and encourages social interaction with peers, community and family members.

Bike riding has a variety of beneficial health outcomes in the physical, social-emotional and cognitive domains for people with disabilities.

Improved Health and Wellbeing

- Improved overall health
- Healthy weight maintenance [1]
- Encourages participation in physical activities
- Increased balance and agility [1, 2]
- Improves lower limb strength [1]

Improved Learning

- Develops decision-making skills [5]
- Improves road safety and danger awareness
- Increases reaction time enhancing the ability to ride safely [4]



Increase Social and Community Participation/ Improved Relationships

- Reduced reliance on others, encouraging independence [3]
- Improved confidence, self-esteem and motivation to try other physical activities [3]
- Help regulate emotions [3]
- Can be used as a coping strategy or outlet to increase concentration and focus [3]
- Increased opportunities for socialisation with family, peers and community members [3]
- Promotes inclusion and builds positive relationships [3]
- Opportunity for developing and practicing social skills [3]
- Enhanced communication skills [3]

References

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