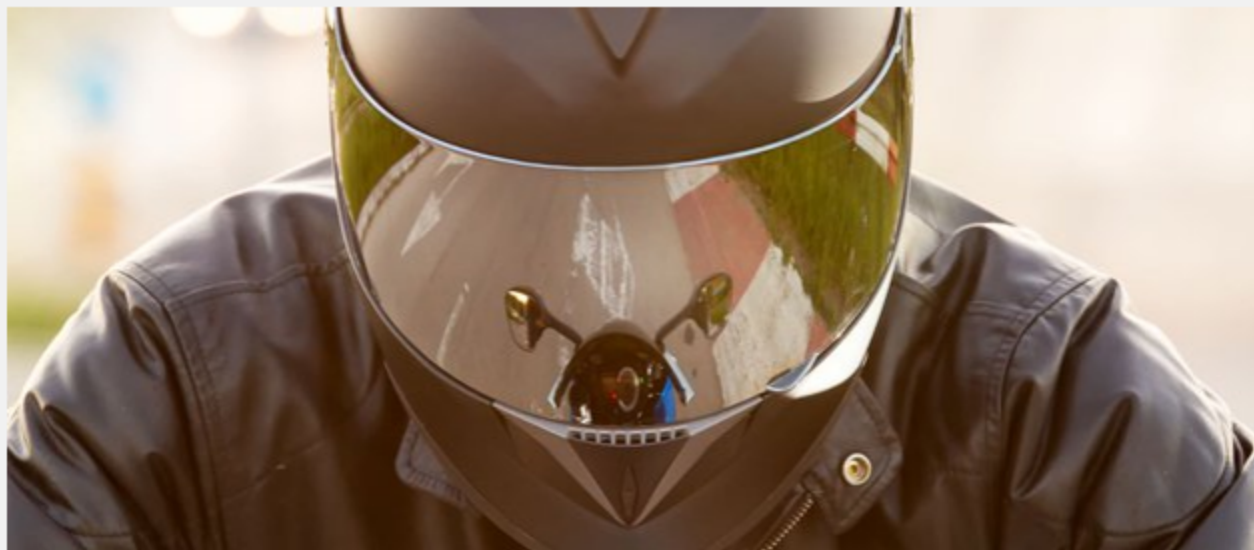


HEALTH BENEFITS RELATED TO MOTORCYCLE RIDING



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Chances are you've heard how dangerous it is to ride a motorcycle. How you are just risking your life being on your bike and you must have a death wish. For the most part, motorcycle riding is safe. It requires you to be extra attentive and aware of your surroundings. You have to think more, but you are still able to relax and enjoy the ride.

Whether you're going to the grocery store two blocks away or driving through open mountains in the fall, any rider will tell you, there's nothing like the rumble of the bike beneath you and the feeling of being "one" or "whole" with your bike.

It is a lifestyle and a passion, and it also has numerous health benefits you may not have known you've been gaining. You can soak in these benefits regardless if you prefer to street ride or off-road ride. The benefits come from both types of riding.

Mental Outlook

When people think of health, they often see health in strict terms of the physical body and tend to overlook mental health. Motorcycle riding is beneficial for physical as well as mental and emotional health. There is an array of benefits and they are not limited to these listed. Riding off-road or on streets is a great way to enjoy physical exercise and clear your head for a while. But the big thing is, it helps your brain.

It improves your mood. Plain and simple. Riding makes you happy and boosts endorphins.

Riding increases energy levels and your mental outlook. This does wonders with regards to helping you increase your happiness and mental health, which in turn, increases your life span. Who doesn't want to enjoy living a little longer so you can keep riding?

Core Strength and Stability

Just riding and enjoying a scenic view or riding to the grocery store down the street can improve core

strength. Think about it. You have to work out your core just to keep yourself upright on a bike. Factor in some wind, and you are definitely working yourself out a lot more.

Maintaining the correct posture while riding also helps to keep your body in shape and can improve muscle tone because it's a low-impact exercise.

Neck Strength

Riding can also improve your neck strength. For some, this may not seem like a big deal, but for others with back problems or neck problems, it's almost like a therapy to the neck and back. Make sure your bike is fitted and adjusted to fit you correctly. Craning or straining your neck will do the opposite and you don't want to do any damage to your body.

Stronger Knees and Thighs

It can also help strengthen your knees and thighs. Individuals with knee or thigh issues will find riding a motorcycle is a kind of physical therapy. It requires you use your knees and thighs, but without straining them too much. Over time, you'll build muscle while eliminating any pains.

Calorie Burning

Have you ever thought you're getting your daily exercise just from your motorcycle seat? Riding takes effort, especially compared to driving in a car. Just being a passenger on a motorcycle you can burn 50 calories, but as a passenger in a car?

It increases your insulin sensitivity too. This helps your metabolism, which will help you burn calories and store less fat.

Riding is fun. It's an experience. You can enjoy these health benefits without even trying. You can't complain about that. Now go out and ride!

Motorcycle shipping services are available to help transport your bike to far-away events across the US, and riding your bike there has positive health benefits.

Posted By



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