



REASONS TO GET ON A BIKE!



JAMAAT



- **THIRD KHALIFA** - Hazrat Mirza Nasir Ahmad Khalifa tul Masih III (ra) had a desire for 100,000 Ahmadi cyclists riding daily. “*Why do you stand for buses and waste your time? Do exercise, become healthy and ride a bicycle.*” (Mash’al-e-Rah Vol II page 384-386)
- **ANSAR CONSTITUTION** - every Nasir must own a bike and must ride it for the purpose of meeting other people and doing a social service
- **BROTHERHOOD** – an opportunity to socialise and build on friendships

HEALTH



- **REDUCED RISK OF EARLY DEATH** - according to research printed in British Medical Journal a couple of years on a 5-year study.
- **LOWER RISK OF HEART DISEASE** – up to 50% according to a 14-year Danish study on effects of regular cycling.
- **LOWER RISK OF DEVELOPING DIABETES** – up to 40% according to a Finish study involving just 30 minutes of cycling a day.
- **LIVE LONGER** – an additional 1-2 years for any new Nasir that starts regular cycling, according to a study that finds every hour spent cycling adds an hour to your life.
- **WEIGHT LOSS** - helps build muscle and burn body fat. A British research study suggests half an hour cycling a day, burns on average 5kg of body fat a year, supplemented with a heathy diet ensures weigh loss.

SPORT



- **LOW IMPACT SPORT** – it causes less strain on our joints and injuries than most other forms of exercise, which at our age is an important factor!
- **MUSCLE WORKOUT** – as it uses all of the major muscle groups as you pedal, but it can also be a great aerobic exercise increasing your stamina and strength.
- **EVERYONE CAN RIDE** - Unlike other sports, cycling does not require a high degree of skill, it's a balancing act most learn in childhood and as the saying goes “you don't forget how to ride a bike”.

HAPPINESS



- **SHARPER MIND** - in a recent study scientists found that people scored higher on tests of memory, reasoning, and planning after 30 minutes of cycling than they did before they rode. They also completed the tests faster after cycling.
- **IMPROVES YOUR MOOD** - causes the production of chemicals such as serotonin, dopamine and cannabinoids contributing to a happy feeling.
- **LESS ANXIETY AND STRESS** - adrenaline and cortisol are held in check
- **LESS FATIGUE** - a Stanford study showed 30 minutes of cycling a day reduces the risk of insomnia and increases the quality of sleep.

TRANSPORT



- **CHEAP** – Apart from walking, it's the cheapest mode of transport, whether for commuting and/or for local errands including to the local Salaat centre (saving money over unnecessary petrol and better for the environment)
- **TIME EFFICIENT**– as a mode of transport, cycling replaces sedentary time spent driving a vehicle or using trains, buses with time spent in healthy exercise.

NEXT STEPS...



1/ IDENTIFY YOUR PURPOSE – RECREATION vs COMMUTE

2/ GET A BIKE

- Lots of options, first consider your budget
 - Very low budget consider second hand (Gumtree, Ebay, facebook)
 - Low budget shops – Decathlon or Halfords for easy maintenance options
 - Local shop – personal care, easy to go back for small repairs
 - Specialist shops – Cycle surgery, Evans, Sigma Sport (offer online price match in-store)

3/ FIND RIDING PARTNERS – via Nazim S&J and AMEA CC WhatsApp group

4/ LEARN ROAD SAFETY – online & joining experienced riders on group rides

5/ JOIN 3x AMEA GROUP RIDES TO EARN AN AMEA CYCLE JERSEY!

CONTACT DETAILS



- **MAIN EMAIL** - CYCLING@ANSAR.ORG.UK please email your mobile number, jamaat and full name to be added to AMEA WHATSAPP GROUP.
- **INSTAGRAM** - https://www.instagram.com/amea_cc/
- **STRAVA** - <https://www.strava.com/clubs/AMEACyclingClub>
- **CHAIRMAN** – Atif Malik, email: atifmalik13@yahoo.co.uk

