

Spin it to Win it!

Indoor Cycling, also known as 'Spinning' is a hugely popular fitness routine practiced by millions every day. Place your towel down, hop on a bike and take a deep breath. The pulsating music is bound to get your adrenaline flowing. You're on your way to a healthier you! Benefits are:

1) **Cardiovascular-** A well-directed indoor cycling class will steadily keep your heart rate well within a likely vigorous range for approximately 45-60 minutes. Over time, continuous cardiovascular activity (including interval training often practiced in indoor cycling) **can help lower your risk of coronary artery disease, can help lower blood pressure and LDL cholesterol, and can help lower your overall resting heart rate.**

2) **Lowered Stress Levels-** You've probably heard of the elusive "runner's high." It's not uncommon to see many runners in indoor cycling classes. That's because you get the same rush in an indoor cycling class: a release of those happy-mood inducing neurotransmitters known as endorphins. **Endorphins are known to create feelings of euphoria, lower your stress level and enhance the body's immune response.**



3) **Increased Muscular Endurance-** This refers to the ability of a muscle to continually and repeatedly exert force over an extended period of time. In an indoor cycling class, this happens when you pedal against resistance, which can greatly increase the endurance of the muscles in the legs: quadriceps, hamstrings, gluteus, and even the calf muscles. Working out these muscles will also help to strengthen the surrounding bones, tendons and ligaments.

4) **Major Calorie Burn-** If your fitness goals include weight and/or fat loss, you've come to the right place. According to spinning.com, individuals can burn anywhere between 400-600 calories per average 45-minute class. Since it takes 3,500 calories to burn one pound of fat, just 5-8 indoor cycling classes, combined with a healthy diet can help you whittle down your body fat.

5) **Low Impact-** For such a high-intensity workout, indoor cycling is surprisingly low impact. Many people who have recently recovered from orthopedic injuries (and who have been cleared by their physician) turn to indoor cycling to help them get back on track. When done correctly, there is minimal impact on the hip, knee and ankle joints. When your bike is set up properly and you have appropriate footwear, you'll never have to worry about leaving an indoor cycling class with throbbing knee pain or stiffness in the hip joints. The circular motion allows for proper flexion and extension, while avoiding the pounding often brought on by other activities such as running or traditional aerobics classes.



Convinced yet? Start at your own pace and let 'er rip!