Cycling

Fitness experts are now telling us that cycling is one of the best forms of exercise. As _____ as making you stronger and _____ energetic, cycling also helps to improve your breathing. Not only _____ correct breathing help your lungs develop, but it is also good for your general well-being. But for cycling to have the right effect _____ the body, you should cycle as _____ as you can, because the more you practice , the better the results _____ be.

For people who are not accustomed to _____ exercise, cycling is a great start. It also has other advantages. Because it is an outdoor sport, it allows you _____ spend time in the open air, and the idea of _____ able to escape from the noise and traffic of the city is very attractive to many people. In countries like Germany and Holland , _____ cycling is extremely popular, special cycling lanes are often built along the side of the road. This _____ only gives the cyclist more freedom, but it also prevents accidents, which are often caused _____ impatient drivers _____ can't wait to overtake a slow cyclist. More and more people are taking _____ cycling in other countries too, even if there are no special cycle lanes.

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