



Put the words in the corresponding blank.

legs impact bone cardiovascular exercise

The physical exercise gained from cycling is generally linked with increased health and well-being. Bicycles are often used by people seeking to improve their fitness and _____ health. Recent studies on the use of cycling for commutes have shown that it reduces the risk of cardiovascular outcomes by 11%, with slightly more risk reduction in women than in men. In addition, cycling is especially helpful for those with arthritis of the lower limbs who are unable to pursue sports that cause _____ to the knees and other joints. Since cycling can be used for the practical purpose of transportation, there can be less need for self-discipline to _____.

Cycling while seated is a relatively non-weight bearing exercise that, like swimming, does little to promote _____ density. Cycling up and out of the saddle, on the other hand, does a better job by transferring more of the rider's body weight to the _____. However, excessive cycling while standing can cause knee damage. It used to be thought that cycling while standing was less energy efficient, but recent research has proven this not to be true.