



LEARNING TO CYCLE WITH DISABILITY

WHAT ARE THE BENEFITS OF CYCLING FOR INDIVIDUALS WITH A DISABILITY?

The benefits of cycling are the same for everyone:

- Independence and mobility
- Overall fitness
- A way to control weight
- Promotion of physical health
- Promotion of mental health
- Countering the onset of conditions such as heart disease, cancer and diabetes

For individuals with a disability, these benefits are often more focussed because opportunities to take part in sport and activity can be limited – while up to 65% of the population take part in some form of exercise/sporting activity, this percentage is less than 30% for those individuals with a disability (Cara, Sport Ireland).

Particular benefits of independent cycling for individuals with a disability include

- Empowerment and increased independence
- Wider empowerment of the family unit by offering an activity that all family members can potentially engage in together, regardless of age or additional needs
- Improvement in gross motor skills
- Improvement in balance

Additional benefits of activity for individuals with a disability include

- Improvements in balance and co-ordination
- Access to exercise in a low-impact, less-stressed way
- Increased self-confidence
- Increased self-esteem
- Heightened sense of accomplishment
- Improvement in speech and language
- Development of social skills
- Opportunity for friendship and social interaction
- A means of accessing leisure, educational and other opportunities

