



Cycling: Towards Health and Safety

By British Medical Association

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Cycling: Towards Health and Safety, British Medical Association, In recent years, public health campaigns advocating regular exercise have tended to overlook one of the simplest and most effective ways of getting fit - cycling. The benefits are not simply limited to shaping up. Riding to work or school means you can exercise as part of the daily routine. Cycling also has much to contribute to the wider public health. Getting on your bike can help reduce air and noise pollution and the increasingly alarming problem of urban congestion. However, the fitness and environmental advantages are frequently overshadowed by fears of injury on our often dangerous roads. Cyclists' concerns are also poorly addressed in current transport policy - a situation this book seeks to redress. The book should be of interest to the general reader, those working in health promotion and education, policy makers and pressure groups.



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