

Cycling is good for your knees, says study

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Cycling is a great way to keep fit and healthy. It strengthens our heart, keeps our weight down, and is good for mental health. A little-known and (perhaps) surprising benefit of getting on a bike is that it is good for our

knees. A new study says cyclists are less likely to experience knee pain later in life than people who do not ride bicycles. The study was conducted by a research team from Baylor College of Medicine in the USA. Researchers surveyed 2,600 men and women, with an average age of 64. The survey participants were asked about their levels of physical activity. They also had X-rays of their knees taken. This was to look for signs and levels of arthritis in their knee joints.

The lead researcher, Dr Grace Lo, said the results of the research were surprising. She said cyclists were 21 per cent less likely to have signs of osteoarthritis compared to those who did not have a history of cycling. She added: "I was surprised to see how very strong the benefit [of cycling] was." A lot of research shows that cyclists are around 20 per cent less likely to die prematurely. Dr Lo said cycling, "is a great preventative strategy for many things, including arthritis". Osteoarthritis is often called "wear-and-tear" arthritis. It's what happens when we use the cartilage in our joints a lot. The cartilage wears down and becomes painful. Arthritis most commonly affects the over-50s.

Sources: nypost.com / nprillinois.com / medicalxpress.com

Writing

We should all get on our bikes. Discuss.

Chat

Talk about these words from the article.

cycling / keeping fit / our heart / mental health / knee pain / knees / X-rays / arthritis cyclists / history / benefit / strategy / wear and tear / cartilage / joints / the over-50s

True / False

- 1) The article says cycling helps to keep out weight up. T / F
- 2) The article suggested it is surprising that cycling is good for the knees. T / F
- 3) Over 2,600 men were questioned as part of the research. T / F
- 4) Researchers took X-rays of people's hips and ankles. T / F
- 5) Cyclists are 21% less likely to have signs of osteoarthritis. T / F
- 6) Cyclists are 20% less likely to die too early. T / F
- 7) Another name for osteoarthritis "wear-and-tear" arthritis. T / F
- 8) Arthritis usually starts to affect people in their fifties. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|------------------|
| 1. fit | a. damage |
| 2. benefit | b. too soon |
| 3. conducted | c. indications |
| 4. survey | d. impacts |
| 5. signs | e. advantage |
| 6. lead | f. in good shape |
| 7. prematurely | g. head |
| 8. strategy | h. study |
| 9. wear and tear | i. plan |
| 10. affects | j. carried out |

Discussion – Student A

- a) What do you think about what you read?
- b) Why is cycling such good exercise?
- c) What do you know about arthritis?
- d) What do you think of cyclists?
- e) What else can we do to look after our knees?
- f) How can we reduce the wear and tear on our body?
- g) Should we all cycle every day?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|--|------------------------------|
| 1. Cycling is a great way to keep | a. age of 64 |
| 2. keeps our weight | b. taken |
| 3. cyclists are less likely to | c. and becomes painful |
| 4. an average | d. prematurely |
| 5. They also had X-rays of their knees | e. down |
| 6. have signs of | f. affects the over-50s |
| 7. around 20 per cent less likely to die | g. experience knee pain |
| 8. Osteoarthritis is often called | h. osteoarthritis |
| 9. The cartilage wears down | i. fit and healthy |
| 10. Arthritis most commonly | j. "wear-and-tear" arthritis |

Discussion – Student B

- What do you think of cycling?
- Are there any bad things about cycling?
- What do you do to keep fit?
- How important are our knees?
- What should older people do to stay fit and healthy?
- Is cycling or running better?
- When was the last time you got on a bike?
- Has reading this article made you want to cycle?

Spelling

- It eghststnner our heart
- keeps our ewtghi down
- A little-known and (perhaps) surprising etnbfie
- likely to pencrieexe knee pain
- an aergvea age of 64
- ahpcilsy activity
- the srsteul of the research were surprising
- less kllyie to have signs
- die mpretruleay
- a great preventative easgttyr
- we use the cartilage in our tsinoj
- Arthritis most lnomymco affects the over-50s

Answers – Synonym Match

1. f	2. e	3. j	4. h	5. c
6. g	7. b	8. i	9. a	10. d

Role Play

Role A – Cycling

You think cycling is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): dancing, hiking or weight training.

Role B – Dancing

You think dancing is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): cycling, hiking or weight training.

Role C – Hiking

You think hiking is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): dancing, cycling or weight training.

Role D – Weight Training

You think weight training is the best form of exercise. Tell the others three reasons why. Tell them why their ways aren't as bad. Also, tell the others which is the least effective of these (and why): dancing, hiking or cycling.

Speaking – Exercise

Rank these with your partner. Put the best forms of exercise at the top. Change partners often and share your rankings.

- | | |
|------------|-------------------|
| • Cycling | • Aerobics |
| • Jogging | • Walking |
| • Swimming | • Hiking |
| • Dancing | • Weight training |

Answers – True False

1	F	2	T	3	F	4	F	5	T	6	T	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.