

## Exercise Bikes - Why Should You Get One?

Fitness is the key to optimal health and an exercise bike can help you to achieve just that. But, why an exercise bike? Why not go for something else? There are many reasons why you should purchase a bike and use it. If you plan to use it for a clothing hanger, don't bother. But, if you are ready to improve your overall health, then you should consider the purchase of an exercise bike.

Here are some reasons why you need a bike:

Are you seriously overweight? Those that are more than 25 pounds overweight often have trouble losing that weight no matter what they try. The catch 22 is that you need exercise to lose the weight but you barely can make it from the bedroom to the living room without becoming tired. How can you possibly do a routine that will allow you to lose weight? An exercise bike is the perfect solution because it allows you to work at your own pace. It allows you to start off slowly and build up in speed gradually without overexerting yourself.

Heart problems? Many doctors that have patients with cardiac conditions will tell them they need to lose weight. But, stressing out the heart is a huge problem for them. The benefit here is that the body gets a workout and the cardio workout obtained is significant but light enough for many heart patients. Simple. It's the right combination for those with a heart condition. Of course, as with all other fitness equipment, you should consider talking to your doctor before starting any exercise program.

You won't go broke- Most people can afford a decent bike. That's because you don't have to purchase the most expensive to get the benefits of exercise. A simple stationary bike can be a great way to start off.

Do you get bored? Okay, the problem with many exercise routines is that they are boring or too hard. But, with an exercise bike this is anything but true. If you find yourself becoming bored, move the bike in front of the TV. Turn on your favorite football game and you'll never realize you did three miles while the team has the ball. You get your mind working and your body too.

Easy to do- Many people find that things that are too hard are things they just find excuses not to do. With an exercise bike, you have less of a chance of this because you can do it. Results happen each time you get on and you'll see yourself building muscles that burn fat and you'll see the inches coming off. It's that easy.

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### About the Author

Mike Singh is the publisher of <http://www.1-stop-fitness.com/> On his website he provides articles about used stairmasters and discount rowing machines.