

**Pedego Blog: Health Benefits of Electric Cycling
For Visit Newport Beach
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Riding an Electric Bike Gives You Exercise Disguised as Fun... Perfect for Bike to Work Month

May is [National Bike Month](#), and it's a great reminder to get out on a bike and feel like a kid again. Biking gives you freedom, fresh air, and exercise while you enjoy Newport Beach's beautiful bike paths, including the Back Bay National Preserve, and quaint neighborhoods such as Balboa Island. With an electric bike, you get exercise disguised as fun.

On an electric bike, you can go longer, farther and faster than ever before — and it's so much fun that you'll choose electric biking over other activities. When you know you can zip along a bike path feeling free, you'll long to be there. And with confidence that you will reach every destination, you'll grab your bike and go!

Riding an electric bike not only revs up your fun, it enhances your health:

- **Throttle-up With a Rocket-boost to Your Immunity**
 - Nothing feels better than being healthy. Regular cycling boosts a body's defenses by up to 50 percent. You're not just cycling; you're riding away from germs.
- **Zoom Past the Risks of Chronic Diseases and Improve Your Overall Health**
 - Cycling can help reduce your blood pressure and cholesterol and can even help fight cancer, diabetes and heart disease. In fact, studies indicate that riding just 20 miles per week may reduce the risk of cardiovascular disease by up to 50 percent.
- **Outdistance Stress and Anxiety While Enjoying a Natural Anti-depressant**
 - It's hard to stay blue when you are outside pedaling around, enjoying the fresh air and views. Electric cycling improves your mood and energizes your life. With the aerobic exercise you get on an electric bike, you can literally pedal away from stress and anxiety.

Of course, you'll get fit, too.

You can burn up to 500 calories per hour on an electric bike, helping you get fit, lose pounds or control your weight ... all while having fun.

Electric Bikes Come in All Shapes and Sizes

There are models of electric bikes for every interest, including mountain bikes, Dutch street-style bikes, fat-tire trail bikes, cargo bikes and even folding bikes that add convenience wherever you go. And, of course, there's the all-time favorite cruiser and tandem bikes.

Which model is right for you? Check out the electric bikes at the [Pedego Corona del Mar](#) and [Pedego Newport Pier](#) stores. These stores offer free test rides in addition to sales, rentals and tours.

On an electric bike, you'll enjoy close-up views and Newport's wonderful sunshine. Electric cycling gets you outside, breathing deeply, and feeling confident and alive, knowing you have the power to climb hills and breeze through headwinds.

With so much sun and fun in store, your healthy days are bound to soar. Hello, fun!