

BICYCLE IN HUMAN LIFE

Trus M.D., student

Kolos A.A., student

Scientific supervisor – Korzun O.F., senior lecturer

English language department №1

Belarusian National University of Technology

Minsk, Republic of Belarus

Perhaps one of the most unique and versatile inventions of man is the bicycle. Anyone can ride it, from children as young as 4 years old to older people 70-80 years old.

Officially, the year of birth of the bicycle is considered to be 1817, when the German baron Karl Dreze filed a patent for the Laufmaschine (German “jogging machine”). This model did not have pedals: to move, you had to push off with your feet. After which he gained wide fame and love throughout the world.

But why do people love this invention?

At first, healthy life. During cycling, blood and blood flow supply to the brain increases, which activates receptors and promotes the creation of new brain cells in the hippocampus, the area responsible for memory. It's no wonder that many creative people use cycling to stimulate thinking.

At second, community. A bicycle also has a positive effect on the social side of your life. Cycling is a great way to meet other people who can become friends because you share common interests.

At third, attention. Riding a bicycle is very useful for training your eyes, since you have to constantly monitor the road, switching your gaze from object to object.

At fourth, a particular benefit for children. A bicycle allows you to take children away from modern gadgets and gives them the opportunity to take a breath of fresh air.

So, this invention is really good for our health, not only physically but also mentally. Many creative people prefer to relax by cycling.

Jack London rode every day and once said that it fills life with meaning. He advised driving at breakneck speed for three hours a day and taking a bath upon returning home.

In 2016, Kanye West was in the clinic due to a nervous breakdown, and after being discharged he went for a bike ride.

Katy Perry prefers to ride alone, but ten years ago, she, in the company of then-husband Russell Brand, confidently travelled around New York.

One of the major advantages of the popularity of bicycles is the environmental benefits. The use of this type of transport reduces the volume of harmful carbon emissions by 10,000 tons per day, the publication reports. Given these figures, the popularization of bicycles and the development of appropriate infrastructure are priorities.

In Belarusian cities, the coverage of territories by bike-sharing services is expanding, and the number of charging stations for electric bicycles is also increasing.

The “Belarusian” bike ride is timed to coincide with National Unity Day, which the country celebrates on September 17. In 2023 the bikers rode a symbolic distance – exactly 17 kilometers – to the Trostenets memorial complex. Everyone could take part in this event, at the final point of the route there was a prayer for the unity of Belarus, peace and creation.

There is another wonderful example of using the bicycle. On the 22nd of September Belarusians celebrate Car-Free Day. On this day we give up our personal cars, use public transport, and most importantly, take out our favorite bicycles. With these actions we significantly reduce energy costs, reduce the burden on the environment and get the opportunity to enjoy a wonderful autumn day.

The feast is needed not only to express your concern about the ecology of cities or problems of urban infrastructure. This day gives us the opportunity to look at our daily routine differently. A car, indispensable on long trips, may not be so necessary for a simple trip to the store, or to get to work.

To develop a healthy lifestyle, cycling clubs are being created in Belarusian schools, new bike paths are being built in city centers. Every young family today can have a great time on a bike ride in the park.

In conclusion, it should be noted that cycling is a wonderful activity which not only helps improve your health but also brings you a lot of fun and positive emotions. Therefore, if you have not yet tried this extraordinary activity, it is recommended to do so as soon as possible. Well, just buy a bicycle and go ahead!