The importance of training for senior citizens:

Why is cycling important?
- Reduces spasticity
- Increases muscle strength
- Increases participation in individual and community activities
- Improves the sense of well-being and reduces anxiety
- Increases and maintains heart and lung efficiency
- Increases and maintains strength, flexibility, mobility and coordination
- Improves and maintains bone structure and strength
- Assists in weight control

Cycling improves walking

Cycling is better than
- **Rowing machine** - user may strain back; proper form must
- **Stair machine** - may cause back strain
- **Treadmill** - pricey; may require more maintenance
- **Cross country ski** - hard to learn; requires coordination
- **Weight machine** - space user; hard to use; pricey
- **Rider** - may cause back strain; benefits may diminish
- **Free weights** - may require spotters; proper education needed

**Cycling is better than other activity**
- Comprise a large part of motor behavior
- Complex (unlike reflexes)
- Stereotyped (unlike directed movements)
- Repetitive (unlike fixed action patterns)
- Produced by central pattern generators