

CYCLING AS AN ALTERNATIVE TO START EXERCISING

By: Fatkurahman Arjuna, M.Or

E-mail: Fatur.arjuna@yahoo.com/ arjuna@uny.ac.id

Physical Education and Recreation

FAKULTY OF SPORT SCIENCE

YOGYAKARTA STATE UNIVERSITY

ABSTRACT

There are many reasons that make people lazy in doing the workout. For example, there is no time to exercise because a solid job, too tired after work, exercise takes a long time, and the costs for doing the exercise are expensive. People are much more inclined to laze around at home instead of exercising and it would be bad for the body, such as fatigue, susceptibility to diseases to non-ideal body proportions so as to interfere with the appearance.

Sports give many benefits for our body such as protecting the body from various diseases. Many diseases may arise due to lack of exercise. They are the risk of suffering from heart disease, diabetes, high blood pressure, and obesity. Exercise is good for the bones joints and even exercise can reduce stress a result of painstaking work. Many people know the benefits of exercise, but they are reluctant to start exercising with a variety of reasons. Cycling is the best alternative to start exercising.

Cycling has the advantage as an option to start exercising, cycling is a sport that is not boring at all, it can be done with ease as you wish, inexpensive, it can be done together with friends or alone, and more importantly, cycling is an aerobic exercise that is very good for the body.

Keywords: start exercising, cycling

INTRODUCTION

In this modern era, human beings are now completely spoiled by modern technology and practical things. Some changes in lifestyle might be the one that can cause the body's lack of movement or often called hypokinetic. For example, the work of washing clothes which was commonly done by hand began to be replaced by machines so that humans are just waiting to sit and read the newspaper. Humans prefer to use equipment that is very practical and modern to facilitate the use of remote job control, use the elevator to climb the ladder, if it is not matched with adequate physical activity it can lead to various diseases due to lack of movement.

The condition of people who are less making any movement or in general called hypokinetic can cause a variety of health problems. It is marked by the increasing number of people affected by so-called non-infectious diseases or degenerative diseases. Examples of degenerative diseases such as coronary heart disease, diabetes, high blood pressure, cholesterol and so on. Even, it is getting worst since people just have some unhealthy lifestyle habits such as smoking, excessive coffee consumption and fast-paced diet that worsens the situation. These health problems if left unchecked will have an impact on society that decreased work productivity.

Sport is an alternative solution to overcome many health problems caused by lack of movement or often called hypokinetic. Usually, they do some good sport which is more like the aerobic exercise such as swimming, jogging, aerobics and now many people love doing cycling.

Many people have got the high awareness of the importance of health through exercise; it can be seen by many people who exercise every day when they have holiday or weekend. It is quite bad that the people do not continue exercise (routine) usually they only do it once a week or even once a month when the holiday comes and this will not benefit much for the body. Sport should be done continuously and systematically in order to obtain the desired benefits. Sports ought to be performed regularly with the intention at least three times a week and continuously. Don't take it once a week at the weekend. Sport must be done systematically that exercise should be done in accordance with the existing rules which starts from warming up, conditioning and closed with cooling.

To get the benefits of exercise, it needs to pay attention to the rules, people just cannot get the benefit from the instant sport. Ignorance of the rules of good exercise will lead to nowhere and it is true that some people get frustrated when they exercise for once again since they do not get the desired benefit. Choosing the right gym can be used as a guideline to get the desired results, because exercise cannot be done only once or twice only, but it must be done regularly.

Errors in choosing exercise can affect the subsequent exercise routine that will be performed. Choose your preferred sport and it can be done anytime and anywhere, with affordable cost and provide many benefits, one of the sports that can provide it all is the sport of cycling. Cycling may provide a wide range of benefits.

DISCUSSION

Exercise

Many people are having such higher awareness of the benefits of exercise. It can be seen from the number of people doing sports on holidays. On holidays, people like to exercise in the open spaces such as in the park, at the football stadium, on the roadside, or in some tourism spots. It is not just done outside but it is also done indoor since many people like to do sports in some indoor places like in the gymnasium, a gym, fitness center, and at indoor stadium (badminton, futsal, or indoor tennis). It is too bad that people are just doing exercise on a day off just so to get the maximum benefits of exercise. It seems to be in vain.

Just do the exercise regularly and your body will get the desired benefits. Do not take it instantly for only doing exercise once or two times. Usually people are very lazy to exercise regularly with a variety of reasons, especially if they have quitted the sport long time ago because of the tight schedule and they just begin exercising. Of course the body will need such adjustment, firstly the body will ache and even muscle cramps might happen. Before exercising firstly identify how good exercise that can determine the choice of what to do sports. This will greatly affect the exercise routine that will be performed so that the desired results can be achieved well.

The definition of simple exercise is an activity that uses some rules of physical activity or often called systematic physical activity. Ghazali (2013) "Sport" comes from the Old French "desport" means enjoyment, and understanding of the English language's oldest discovered around 1300 that "all things fun and entertaining for humans. In the statement it can be concluded that the sport is a physical activity that is performed to obtain pleasure.

According to Erwin Sharif (2011), sports is a systematic process in the form of any activity or business that can encourage, develop, and nurture the potential physical and spiritual of the person as an individual or member of the society in the form of game race or match and intensive physical activity for recreation gain, victory and crowning achievement in the context of the formation of the whole person qualified. In the statement the sport has a broad sense not only for pleasure alone, but the sport has had a systematic process with a variety of objectives to be achieved.

Systematic in the sense sports is the lack of rules or training phases that must be followed in the exercise. According to Djoko Pekik (2004), stage in sport is a series of exercises in each

training process that includes: warming up, conditioning, and cooling, this step must be done sequentially.

1. Warming Up

Warming up is done before starting the core of exercises. Warming up is carried out aimed at preparing organ function to be able to receive the maximum loading during the actual exercise. Characteristic feature of that body is ready to accept some loading exercises such as the increase in heart rate has reached 60% of maximum heart rate, increased body temperature of 1-2 degrees Celcius, and usually marked by the sweat on the body. Warming up when done correctly can also reduce the risk of body injury. In cycling, warming up has typically begins with a slowly cycling or land within approximately 5-10 minutes before berepeda continuously in accordance with the exercise to be performed or skipped, or can be started by running first before cycling after that proceed with strecing or stretching .

2. Conditioning.

After doing the warming up, it continues to the next stage of a series of conditioning by performing various movements with the model of exercise in accordance with the purpose of the exercise program, for example jogging to improve cardiorespiratory endurance or to burn body fat, weight training to increase strength, or cycling to get physical fitness. Usually the purpose of the exercise is to gain physical fitness. Cycling is very good for getting physical fitness for the body. The easiest thing to consider in cycling is the time that will be used in practice for at least 30 minutes in cycling. Better yet, after cycling regularly for two weeks and getting improved little by little, take the other route of cycling and make it over extended or improved. In order to stages of conditioning running properly, you better take the route of challenging tracks and you will enjoy the mountains view or the track.

3. Cooling Down

This stage of cooling down aims to restore the body that resembles before doing exercise. This stage can be done in the form of stretching and light aerobic movement. In cycling can be done with the intensity of reducing the speed or slow it down, or after reaching the finish cycling perform stretching exercises. This cooling stage is characterized by a decline in heart rate, body temperature and the decrease of the sweat secreted by the body.

Sports would be very helpful if it is done correctly and in accordance with the stages, and otherwise exercise can be harmful to the body if it is done wrongly or not according to the predetermined systematic stages.

Advantages of Exercise

Sports have many benefits when done regularly and continuously. The benefits of exercise cannot be obtained in such instant way but it must be done simultaneously. From here, many people just get lazy to do some exercises because the benefits of exercise cannot be accepted directly by the body. It is important to choose the right type of exercise for our bodies. As an example, some people who have been aged 50 years and worked in the office, they chose futsal or football and it will certainly be very risky against his own body from impact injuries or system of the body that cannot meet its ability to exercise.

The benefits of exercise will be obtained when adjusted for age, ability and hobbies so that actors can exercise maximal exercise. The benefits of exercise on the human body include:

1. Helps protecting the body from heart attack

Heart disease is the number one killer in the world and therefore the heart health must be guarded well through healthy lifestyle such as by exercising regularly. Regular exercise can train the heart to work so as not to get tired. Blood circulation will be smooth and of course the blood flow will be faster and more. Good circulation can prevent blood clots that can create blockage of blood vessels in the brain and heart. Exercise is also reducing fat levels in the body and it will also be very beneficial for the heart since excessive fat in the body can lead to heart disease.

2. Helps protecting the body from diabetes mellitus

The benefit of exercise is to protect the body from the disease of diabetes mellitus as it can increase the sensitivity of body cells to insulin so that the levels of fat and sugar levels in the blood may drop. Bad cholesterol levels will go down while the good cholesterol levels will go up. In addition, blood pressure becomes more stable, controlled body weight, strengthens the heart, strengthens muscles, strengthens bones, minimizing the risk of illness due to complications with diabetes and avoid stress. Some sports are good for diabetes as it prevents the increasing blood sugar level by taking some mild exercise. This right sport to do is aerobic. Doing it for about 30 minutes of aerobic exercise 5 times a week can help people

with diabetes to keep blood sugar levels in the blood pressure becomes more stable, minimizing the occurrence of complications from diabetes and improving blood circulation. Swimming, fast walking, cycling and aerobics can follow selected for mild exercise (Health Bulletin, 2014: 1).

3. Helps protecting the body from the disease of hypertension

Hypertension is a disease classified as very dangerous and deadly. The rapid development of hypertension patients is one of the biggest factors due to the pile or thickening of cholesterol in the blood vessel wall cavity so that blood vessels become narrowed and eventually cause blood pressure so high. By doing the exercise routinely, it can increase blood flow and reduce the accumulation of fat in the blood vessel cavity. It will increase the elasticity of blood vessels due to the reduced fat and adding muscle contraction of blood vessel walls. Elasticity of the walls of blood vessels will increase blood flow. The great blood flow will facilitate the disposal of substances over the rest of the combustion, so they can expect a rapid recovery (Infomanfaat, 2012: 1)

4. Overcoming the overweight problem or obesity

Exercise is really helpful to burn fat. Exercise which is performed routinely proven to burn fat and get slim. Many people have gained the benefits of exercise to reduce weight. A good exercise to burn fat is the aerobic exercises such as jogging, aerobics and cycling. Aerobic exercise is exercise that is done by requiring oxygen to aid in the creation of energy in the body. One of the characteristics of aerobic exercise performed with a relatively long takes at least 15 minutes. (Alisa, 2011: 1).

5. Exercise is good for the bones and joints

Active regular exercise will make the bones denser and stronger for people. Improved strength, flexibility and muscle endurance, ligamentum and tendons, an increase in enzyme activity will increase bone strength and bone density (Health Bulletin, 2014: 1).

6. Exercise can help reducing stress

Exercise can help reducing stress because the exercise helps release tension during fatigue and reflected in the work. Exercise can also stretch the muscles during such activity so it can make the brain fresher (Alisa, 2011: 1).

The benefits of exercise will be felt if it has a good quality workout includes workout goals, model selection exercise, the use of training facilities and most importantly is the portion of

exercise. Selection of exercise has a great role which is essential for the implementation of regular exercise. Cycling is a good exercise option because it has its own advantages and it can be done by anyone in addition to the cost of the light.

Cycling is the most fun option to start exercising because the body does not perform to the maximum load, body helped by bike to do the activity and also the atmosphere when doing this exercise is not monotonous enough so it is fun to do. Djoko Pekik (2004) revealed that the portion of exercise greatly affect the success of the exercise as it will be achieved to obtain a minimum of physical fitness concepts outlined in the FIT (frequency, intensity and time).

1. Frequency

Frequency is the number of training units per week. A good exercise is done 3-5 times per week. Similarly, the cycling is done at least 3 times a week and be done later, a maximum of 2 days of rest should not be more than 3 days.

Table I. Frequency of exercising 3 times a week.

Exercise	Rest	Exercise	Rest	Exercise	Rest	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Source; Djoko Pekik (2004: 17).

In the table, minimum exercise is done three times a week. To exercise or rest period can be adjusted with our schedule, cycling is usually done on Saturday and Sunday and it means that people do it mostly on holidays or they can take a break on Monday and Wednesday. The most important break in cycling should not be more than 3 days in a row. The role of the sport of cycling is very good on the side of gaining the physical fitness since cycling is an aerobic exercise, cycling can also minimize the occurrence of saturation by planning some different route to take.

2. Intensity

Intensity is a quality that shows how heavy exercise is. The amount of intensity depending on the purpose of the exercise and the type of exercise performed. In general, the intensity for fitness training is 60% - 90% rate. Exercises for beginners <65% maximal heart rate. Cycling can be marked well from its intensity. It is important to increase the distance to be traversed at least every 2 weeks.

3. Time

Time is the period or often referred to the duration of each exercise. For example, to improve the physical fitness, practice takes between 20-60 minutes. Conceivably, if choosing the wrong sports as chosen sport is football or basketball to start exercising for 30 minutes certainly untrained people will experience excessive tiredness or fatigue so that the body will have no maximum benefits from doing the exercise. Cycling is the right choice to start exercising with a long time cycling as it can be done while listening to music, talking with friends and seeing the sights around so it is not time-consuming and it is lighter to do.

Cycling

According to Wikipedia (2013), cycling is a recreational activity or sport, and it is one of the ground transportation models that use bicycles. At first, the bike is a means of transportation that was introduced in the 19th century known as the Cycling sports are most favored by the people because it can be done by anyone even those who exceed weight or having obesity. Many people cycling in a wide variety of terrain, such as hills, steep terrain and also just race alone or in groups and rush to get to a certain area for recreation.

According to Frobose (2009), there are two benefits of cycling. They are

- a. Cycling is one way to exercise the least pressure on the knees and the best way to strengthen cartilage. Cycling can be done by anyone who has a good weight more or less without fear of such body injury.
- b. Cycling can improve overall blood circulation, the most important is the heart will work more efficiently because its pumping performance becomes more efficient so it reduces overall blood pressure and reduces the chance of getting the heart disease. Cycling can improve the immune system and allow the body to protect itself from viruses and bacteria. Cycling is a sport in which its method might be most useful to strengthen the body's immune system.

Cycling has many benefits and therefore people should choose the bicycle in accordance with the wishes and needs. Bicycles will also greatly affect the exercise, if this option is used the right bike, the sport that will be done will be comfortable but when the bike option is not used in accordance with the expectations of the sports that will be done will not be disturbed. Here are tips for choosing a bike. Veloni Heningtyas (2013) Tips to choose a good bike:

1. Decide on a budget

The most important thing before buying a bike is to specify a budget that will be used. Do not be influenced by the expensive price of the bike, the price of an expensive bicycle is used as a reference only. Choosing a bike with the financial condition and adjusted to the needs is the best suggestion because cycling is not for sporting achievements but only to start exercising and exercising with regular schedule. Choose a bike that is cheap but not that cheap in accordance with the comfort, seek information from friends or some cycling lovers.

2. Cycling Style

Before buying a bicycle, you have to specify the preferred style of cycling and the track to pass. Track bike cross-country with ordinary model, fast or racing bikes, tracks like Gas Pipeline, Park City, Cihuni or Jati Asih Track for example. Make sure the bike you're looking for is a bike that meets the needs. Do not be swayed by sellers who sell the bike recklessly.

3. Full Suspension or HT - Comfort vs Efficiency

Choosing a full suspension bike or hard tail (HT) is always an interesting topic to talk about for the bike lovers. Full suspension bike type is often used as a mockery of the bike for the elder persons because it has advantages in terms of comfort, but HT mountain bike without rear suspension is lighter touted more efficient when people ride it across the field. Full suspension bicycle is also considered to be more comfortable with better control. From this explanation, it is up to you to determine which bike will be selected and it cannot be separated with the ability to purchase the desired type of bike. Style and cycling routes (terrain to be traversed path) may also be a consideration in choosing a bike.

4. Components, parts or grupset

It is not easy to compare the part or component which is best for the bike. All types of bikes have their respective advantages. Not to mention to many combinations of inter-bike parts and its many variations. The best way to do is chose a number of components or the most important part for the bike to be purchased, always pay attention to the ability to buy the kind of bike that we want. A number of cyclists usually start by selecting the moving components such as the rim, hub, or RD (rear derailleur) and then fork. It is not necessarily to buy sophisticated and expensive grupset when we want to become a great cyclist. The greatness of a bike that we have may not be necessarily relevant to our ability in tough cycling.

5. Discount, bonus

What is meant here for the discount or bonus is that you choose a bike shop which can often provide a bonus or discount. Recognize the bike shop that often provides the discounts or bonuses at certain times or in certain events that will benefit the buyers of the bike.

6. Test ride, read some reviews

Before buying a bike and make sure the needs of their state of the body, do not rush to buy a better bike. You should try several kinds of bicycles (test ride) by borrowing a bike of a friend. Note also the size of the bike frame that fits with the posture of body weight. Identify the bike that you want buy on a review or read something about bike product reviews which might be scattered on the internet or magazines.

Reasons to Start Exercising Choosing Cycling

Cycling has advantages as an option to start exercising, cycling is a sport that is not boring, as it can be done with ease as you wish, inexpensive, can be done together with friends or alone, and more importantly, cycling is an aerobic exercise that is very good for the body.

1. Cycling is a sport that is not boring

Cycling is a sport that is interesting, because with cycling we can see a different scene every day. Each route that is passed will give the feel of different sights so it is not monotonous. For example when we're busy with work piling up at the office of the sport of cycling became one of the best options to eliminate fatigue with these ways in passing rural or mountainous route so that the mind will be refreshed. We can arrange in advance the sport of cycling before doing so it can be adjusted with our desire.

2. Cycling can be done with ease as you wish

Cycling is a sport that is flexibly done with high intensity and low intensity tailored to the capabilities. Cycling exercise tailored to each individual's ability not necessarily with high intensity. For example, football sport that requires us to always be running after a ball, or badminton which forces us to always pursue shuttlecock rather not fall in the field of players. Cycling does not have to be done on the highway can also be done by tracing the mountains, countryside or even a search can be done on the side of the beach in accordance with our wishes.

3. Cycling is a sport that is cheap

In contrast to other sports such as badminton which is always providing shuttlecock to be able to exercise, or tennis which always provides a tennis ball to play, cycling only needs the bike to be able to provide enough exercise. To buy a bike, it also only depends on the capability of each bag. While there are some bikes with the expensive price, it does not need an expensive price as it is tailored to the needs. Cycling sports can be said that cheap because it is adjusted well to the capabilities of each person.

4. Cycling can be done together with friends or alone

Cycling is a sport that can be done flexibly together or alone. Performed together with family, colleagues, friends, and even you can make some invitation for such cycling communities so that the sport of cycling can be fun. Cycling can be combined with exercise while recreation. As an example, cycling can aim the process to release stress as you can go to some tourism places with family, friends and co-workers. Cycling can also be done on your own with the route that we specify. Cycling itself can be done while listening to music through the phone, iPad, or walkman so cycling itself was not boring at all.

5. Cycling is an aerobic exercise.

Aerobic exercise is basically a type of exercise that makes the heart pumping and increase oxygen intake in the body. Another benefit of aerobic exercise is that it can burn the fat. To be effective in burning fat, cycling exercise is done in a long duration. Aerobic physical activity is very good for heart health and it gives the benefits to lose the weight as well. Reducing the overweight can prevent us from the risk of heart disease, high blood pressure, stroke, diabetes, and some cancers. Do exercise of cycling regularly with a relatively long duration (Kompas.com, 2010: 1).

REFERENCES

- Alisa. (2011). *Manfaat Olahraga Yang Wajib Anda Ketahui*. Retrieved on 10 Agustus 2011 from <http://www.kesehatan123.com/2200/manfaat-olahraga/>
- Buletin Sehat. (2014). *Olahraga Untuk Penderita Diabetes Millitus*. Retrieved on 24 Mei 2014 from <http://buletinsehat.com/diabetes-mellitus>
- Djoko Pekik. (2004). *Berolahraga untuk Kebugaran dan Kesehaan*. Yogyakarta: Andi Offset.

- Edwin Syarif. (2011). *Pengertian Olahraga*. Retrieved on 3 Mei 2011 from www.Edwinsyarif.blogspot.com
- Infomanfaat. (2012). *Manfaat Olahraga*. Retrieved on 15 Juni 2013 from <http://infomanfaat.com/359/manfaat-olahraga/kesehatan>
- Ghazali Kareem. (2013). *Pengertian Olahraga Secara Umum*. Retrieved on 18 Juli 2014 from www.kutembak.com/2013/10/pengertian-olahraga-secara-umum.html.
- Kompas.com. (2010). *Manfaat Aerobik*. Retrieved on 18 Juni 2010 from <http://kesehatan.kompas.com/read/2010/06/18/1536583/Manfaat.Aerobik>
- Veloni Heningtyas. (2013). *Pilih Sepeda: Antara Dengkul dan Dompot*. Retrieved on 9 Oktober 2013 from www.pedalku.com/baca/2013/10/09/pilih-sepeda/
- Wikipedia. (2013). *Bersepeda*. Retrieved on 10 Juni 2013 from <http://id.wikipedia.org/wiki/Bersepeda>.