

Title:

Biking For Health And Fitness

Word Count:

375

Summary:

There are many different types of bicycles available on the market today, the comfort bicycle,

Recumbent bikes have become very popular for the middle aged and old...

Keywords:

Article Body:

There are many different types of bicycles available on the market today, the comfort bicycle,

Recumbent bikes have become very popular for the middle aged and older riders. On a recumbent

Mountain biking is a popular activity that is enjoyed by a wide age range of people. Heavy dut

Whichever type of bicycle you choose, just do it! Biking is a great way to achieve an aerobic

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