

The Motorcycles Rebellious Benefits & Risks Of Riding Motorcycles

**THE MENTAL AND PHYSICAL EFFECTS OF
RIDING A MOTORCYCLE**
A NEUROBIOLOGICAL STUDY FUNDED BY HARLEY-DAVIDSON

Motorcyclists have long championed riding as their main road to stress relief and positive mental health – so a team of three researchers from UCLA's Semel Institute for Neuroscience and Human Behavior, led by Dr. Don Vaughn, set out to identify and measure the neurological and physical effects of riding.

The study found that motorcycling increased metrics of focus and attention among participants, and decreased relative levels of cortisol, a hormonal marker of stress. Here's what they found:

- Riding a motorcycle decreased hormonal biomarkers of stress by **28%**
- On average, riding a motorcycle for 20 minutes increased participants' heart rates by 11 percent and adrenaline levels by 27 percent—similar to light exercise.
- Changes in study participants' brain activity while riding suggested an **increase in alertness** similar to drinking a cup of coffee.

SET YOURSELF FREE
For more information on the study, visit on h-d.com/explore.

Study of healthy, experienced adults, riding their own motorcycles on a designated 22-mile route, under normal conditions. Provided for informational purposes only. Sponsor makes no guarantee that you will experience similar results; actual effects will vary based on equipment, riding conditions, mileage, health, experience of rider. See research summary here www.donvaughn.com/motorcycle/. Views expressed and conclusions reached are solely those of the author, Dr. Don Vaughn, in his personal capacity, and do not necessarily represent the views of UCLA. Sponsor: Harley-Davidson Motor Company. Copyright 2019, all rights reserved. Please contact Sponsor for permission to use or republish any study data.

Motorcycles have always portrayed a sense of adventure, freedom, and rebellion. The thrill of riding a motorcycle at high speeds on an open road is an experience like no other. However, along with the benefits, there are also risks associated

with riding motorcycles. In this article, we will explore the rebellious benefits and risks of riding motorcycles.

The Benefits of Riding Motorcycles



The Motorcycles Rebellious: Benefits & Risks Of Riding Motorcycles by Jordan Taylor (Kindle Edition)

★★★★☆ 4.3 out of 5

- Language : English
- File size : 431 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Print length : 22 pages
- Lending : Enabled



Riding a motorcycle gives you a sense of freedom that is unparalleled. The open road becomes your playground, and you are not confined by the restrictions of a car. The wind rushing against your body as you glide through the streets brings a sense of liberation that cannot be replicated by any other mode of transportation.

Furthermore, motorcycles are incredibly fuel-efficient. With rising fuel prices, owning a motorcycle can save you a significant amount of money on fuel expenses. Motorcycles often have better gas mileage than cars, allowing you to go the distance without worrying about constant refueling. This economic advantage comes as a major benefit for individuals looking to reduce their transportation costs.

Additionally, motorcycles are easier to park and maneuver in traffic. Unlike cars, motorcycles allow you to navigate through tight spaces and avoid congestion, reaching your destination in a shorter amount of time. This convenience is especially appealing to urban dwellers who face constant traffic and parking challenges.

The Rebellious Spirit of Motorcycles



Motorcycles have always been associated with a rebellious spirit. They represent breaking free from the conformity of everyday life and embracing a sense of independence. Riding a motorcycle signifies non-conformity, adventure, and excitement.

When riding a motorcycle, you become part of a community with like-minded individuals. Bikers bond over their love for the open road and the thrill of riding. This sense of camaraderie and belonging creates a unique experience that cannot be replicated elsewhere.

The Risks of Riding Motorcycles

Motorcycle Riding Risk Factors

- Stunts/ “Extreme riding” (popping wheelies)
- Riding in groups (with several other motorcycle riders)
- Lane splitting (driving up the middle of two lanes of traffic)



While the benefits of riding motorcycles are undeniable, it is important to acknowledge the risks involved. Motorcyclists are more vulnerable on the road compared to individuals in cars. The absence of external protection makes them more susceptible to serious injuries in the event of an accident.

Motorcycle accidents can result in severe injuries, including broken bones, head trauma, and road rash. It is crucial for riders to wear proper safety gear, including helmets, protective clothing, and gloves, to minimize the risks associated with riding motorcycles.

Another risk factor is the lack of visibility. Motorcycles are smaller in size and can be easily overlooked by other drivers. This increases the chances of accidents

caused by other drivers not noticing the presence of a motorcycle on the road. Motorcyclists need to remain vigilant and actively anticipate potential hazards to ensure their safety.

In

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Riding a motorcycle brings a rebellious and adventurous spirit into your life. The freedom and sense of independence are unmatched, providing a unique

experience that cannot be replicated through other means of transportation. However, it is essential to recognize and mitigate the risks associated with riding motorcycles by prioritizing safety and taking necessary precautions.

Remember, the thrill of riding a motorcycle comes with both benefits and risks. Stay safe, cherish the adventure, and embrace the rebellious spirit of riding motorcycles!



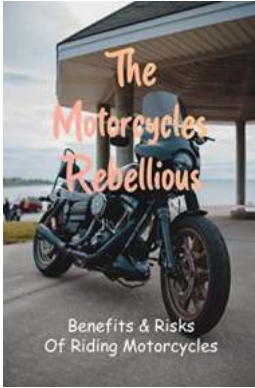
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Riding a motorcycle is one of the greatest pleasures you can experience in life, yet only a minority of people in the auto-obsessed Western world actually ride. This can be explained partially by the perceived danger of riding a motorcycle. According to the expert, the best motorcycle brake is that of an OEM. That is true. However, there are aftermarket motorcycle brakes that are equal to the OEM's quality but of lesser price. When you know you have a better option, why will you settle for less? Why not grab the chance to own the best? The common motorcycle brake pad design depends upon the disparaging process of dragging the pad against the disc to create heat or friction in order for the bike to stop. For the braking fluid not to boil or denigrate, heat must be dissipated.



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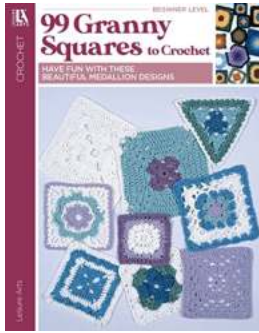
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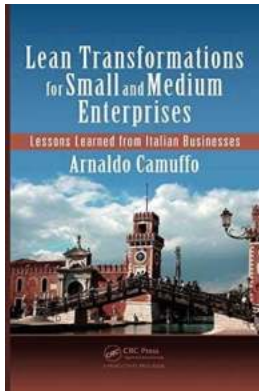
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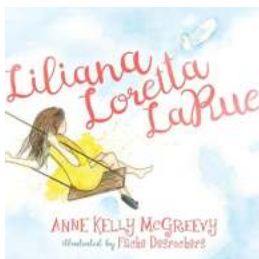
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