Cycling keeps us fit and healthy. It is good for our heart and our mental health. It also keeps our weight down. A surprising benefit of getting on a bike is that it is good for our knees. A new study says cyclists have less knee pain when they get older. The study is from Baylor College of Medicine in the USA. Researchers surveyed 2,600 people, with an average age of 64. The people were asked about their levels of physical activity. They also had X-rays of their knees taken. Researchers looked at the X-rays for signs of arthritis in the knee joints.

Lead researcher Dr Grace Lo was surprised by the results of the research. She said cyclists were 21 per cent less likely to have signs of a joint problem called osteoarthritis. This is often called "wear-and-tear" arthritis. It happens when we use our joints a lot. The joint wears down and becomes painful. Arthritis is a very common disease. It usually starts when people are in their fifties. Dr Lo said cycling, "is a great preventative strategy for many things, including arthritis". A lot of research shows that cyclists are around 20 per cent less likely to die prematurely.