Your Secret Weapon for More Energy

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Welcome back to *The Mindset* **by Super Age.**

What's your favorite piece of workout gear? For me, it's my spin bike. I bought it early in the pandemic—a no-frills model with a power meter and zero bells and whistles. It's become my go-to for fitness: always ready, no tech failures, no membership fees. I love the freedom it gives me—I can watch a movie, stream a spin class, or listen to a podcast while riding. It's been a game-changer for staying active, no matter how busy or weather-constrained life gets.

Spin bikes aren't just convenient; they're also one of the most versatile tools for longevity. Whether you're aiming for cardiovascular health, improved muscle endurance, high-intensity exercise, or a low-impact workout option, the benefits are undeniable. This week, we're diving into why spin bikes are an excellent investment for your healthspan, **how to overcome mental hurdles around at-home fitness**, and the secrets to making your fitness routine stick.

Because here's the truth: longevity isn't just about showing up—it's about finding ways to thrive, sustainably.

Onwards and upward!

David Stewart
Founder

?BODY WISDOM

The Most Versatile Longevity Tool

Spin biking isn't just a fitness fad—it's a powerhouse workout for your body and mind. Here's what the research says:

- **Live Longer:** Hopping on a bike just 100 minutes a week (15 minutes a day) **can lower your risk of mortality by 17%**, according to a recent study. Pedal up to 270 minutes weekly, and that risk drops by 24%. Push it further to 570 minutes, and you'll see a 30% reduction in mortality risk compared to skipping cycling altogether). Every pedal stroke adds up, no matter your fitness level.
- **Save Your Knees:** Cycling keeps your joints in the game. A study from *Medicine & Science in Sports & Exercise* found that people who spend any time cycling have **less knee pain and fewer symptoms of osteoarthritis**. Because it's low-impact, cycling helps you stay active without stressing your joints, making it an ideal option for building strength and maintaining mobility as you age.
- **Boost Your Heart Health:** Cycling boosts **cardiovascular health**, enhances endurance, and releases endorphins that elevate your mood and energy.

Pro Tip: Start small. Aim for 100 minutes a week, then build up as you enjoy the ride. To level up, try interval training on your spin bike to maximize calorie burn and improve metabolic health. Alternate between high-intensity sprints and steady recovery periods for a time-efficient, results-driven workout. Your body—and your future self—will thank you.

EAT WELL

How to Fuel Your Ride

Cycling isn't just about movement—it's about energy. Proper nutrition can elevate your performance and recovery:

- **Pre-Workout Fuel:** Have a light snack with carbohydrates and protein 30–60 minutes before riding. Options like a banana with almond butter or a slice of whole-grain toast with avocado provide sustained energy.
- **During Longer Rides:** For sessions over an hour, keep your energy levels up by sipping on electrolyte drinks or snacking on dried fruits.
- **Recovery Nutrition:** After your ride, balance protein with carbs to replenish glycogen stores and aid muscle repair. A smoothie with spinach, frozen berries, Greek yogurt, and chia seeds is an excellent option.

DID YOU KNOW?

The Full-Body Benefits of Spin Biking

A spin bike workout isn't just about your legs—it's a surprisingly effective full-body exercise. Here's a breakdown of the muscles you engage:

- **Quads and hamstrings** power your pedaling motion, working hard during both the push and pull phases.
- **Glutes** are activated, especially during standing intervals, helping to power your pedal strokes and support hip movement.
- **Calves** engage to stabilize and propel the motion.
- **Core muscles** are constantly engaged, as well as your lower back muscles, in order to keep your balance and maintain posture.
- **Arms and shoulders** are working, especially if you incorporate standing intervals or lean into the handlebars. Your biceps, triceps, and shoulders help stabilize and support your upper body.
- **Hip flexors**, located at the front of your hips, work in tandem with your hamstrings to pull the pedals upward, making your cycling motion smoother and more efficient.

This dynamic muscle engagement not only boosts strength but also improves endurance, coordination, and overall fitness. Spin bikes aren't just cardio—they're a full-body workout in disguise!

Level-up: Mix seated and standing intervals to activate more muscle groups and amplify your results.

STAY AMAZED

How To Make a Habit of At-Home Fitness

Getting on a spin bike at home seems simple, but for a lot of us, the hardest part is starting. Research from *The British Journal of General Practice* reveals that **setting a consistent time** and tying your workout to an existing habit can make it easier to commit.

- **What's the best time to exercise?** It's whenever works for you. Consistency matters more than the time of day, so find a slot that fits your schedule and energy levels. Whether it's morning, midday, or evening, sticking to the same time each day makes it easier to turn your workout into a habit that lasts.
- **Build your routine.** Pair your workout with something you already do. Love your morning coffee? Let it cue a quick workout session. This "habit stacking" builds stong, effecicient connections in your brain to support your behavior, making new habits stick. Research shows it takes an average of 70 days for routines to feel automatic—so start stacking!
- **Add a fun ritual to your ride.** Whether it's curating a killer playlist or using a gamified app to track progress, turning your workout into something you look forward to, rather than a chore, is the secret to sustainability.

Try this: Mix it up with different cycling routines or interval training to keep

workouts engaging. Use this time for mindfulness or meditation practice, focusing on your body’s movements and breathing.

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