

HEALTH

Why Motorcycling May Be the Answer to Lowering Stress Levels

NewsUSA

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/explora](https://www.harley-davidson.com/explora).

Study of healthy, experienced adults, riding their own motorcycles on a designated 22-minute 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, driving conditions and age/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.

NewsUSA

(NU) - Turns out motorcyclists may get more than a glorious sense of freedom from riding

A pioneering new study conducted by researchers at UCLA's Semel Institute for Neuroscience and Human Behavior found that motorcycling can also provide a number of mental and physical benefits. Stress-related hormonal biomarkers decreased by 28 percent among participating riders, to name one thing. And motorcycling along on the open road for just 20 minutes increased their heart rates an average of 11 percent and their adrenaline levels by 27 percent - similar to light exercise, though a lot more fun - to name another.

Come to think of it, with stress levels on the rise - especially among young adults - anyone looking for that same “glorious sense of freedom” might want to check out the New Rider Course offered at select Harley-Davidson dealers.

See full-sized image here