

Table 1: Practice points for health professionals advising individual patients.

<p>Who could benefit from e-biking?</p> <ul style="list-style-type: none">• E-biking is both possible and enjoyable for people who would not be willing to ride a non-electric bike.²⁵• E-biking provides moderate physical activity.¹²• E-biking is associated with a range of self-reported improvements in physical and mental health and wellbeing, consistent with the literature on increasing physical activity.• E-biking may be especially well suited to the needs of people with long term conditions, including joint pain.^{15,21,23}• The electrical assistance can also enable bigger people to ride comfortably.^{15,20,22}• E-biking is suitable for and enjoyed by older people.^{22,40,41}
<p>What do people need to take up and maintain e-biking?</p> <ul style="list-style-type: none">• Social support: for many people, having someone to ride with is important. This could be achieved by riding with a family member or a social cycling group. The electrical assistance provided by e-bikes means that people with lower levels of fitness can cycle at the same pace as friends and family members.• E-bike selection and set-up: e-bikes have different frame shapes and sizes, and they can be customised to meet individual needs (e.g., fitting mirrors or changing contact points such as pedals, seats and grips).• Cycle skills training: bike-handling and on-road-skills training may be useful for people who wish to start cycling. Accredited cycle-skills training is available across the country, often at no cost.⁴²