Cycling improve fitness and cardiovascular health by burning up calories, toning body and strengthening muscles and the heart. It has been recommended as preferable mode of acquiring fitness for its lower impact to joints and cycling in form of transportation, advocated for due to the less demand for self-discipline to maintain the exercise for practical purpose of the activity. While physical fitness is said to enhance sexual wellbeing, cycling has been linked to sexual impotence due to pressure on the perineum from the seat. This study assessed the status of 48 married bicycle taxi (Bodaboda) operators' physical fitness and sexual wellbeing in Juja town. Information on sexual wellbeing was collected using questionnaire (modified 'index of sexual satisfaction' The Mind Test) and a fitness data protocol used to record fitness test results. Majority (63%) rated from somewhat to very dissatisfied and 29% reported a decrease in sexual satisfaction compared to the period before they started the business. Their fitness rated normal to better in all the assessed variables; Standing Heart Rate (SHR) of 65.43±9.74, Body Mass Index (BMI); 20.10±2.13, Waist Hip Ratio (WHR); .84±.02, Sit & Reach (SR); 10.23±5.16, Explosive Strength (ES); 51.24±4.65, Sit Ups (SU); 42.96±3.86. The physical exercise gained from cycling leads to increased general health and well-being. However, when it is performed on rough terrain it may lead to decreased sexual wellbeing.

Key Words; Cycling, Physical fitness, Sexual satisfaction