



# ‘Finding fitness and freedom in my 50s!’

Writer Emma Coxon discovered a better way to embrace her fitness journey, and hopped on a Jorvik Tricycle to help her get there.

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to be outdoors and move without straining my body. I used to love cycling, but was never that confident on two wheels, so to have the added stability a tricycle provides seemed like the perfect solution.

One of the deciding factors for me in choosing Jorvik was how founder, James Walker, wanted to create good quality, reliable and aesthetically pleasing tricycles at prices people can afford. Inspired by his dad who has Parkinson's, James wanted a solution for those frustrated by a lack of mobility. My dad also has Parkinson's, so I deeply resonated with James's passion and understood his mission of giving others who have life-limiting illnesses the possibility of independence and freedom again. Jorvik also supports the MS Society and Parkinson's UK.

When my Jorvik tricycle arrived, I felt both excitement and nerves. It had been years since I'd cycled. But the moment I sat on the e-trike, I felt secure and balanced. It took a few circuits of a local car park to get used to steering the e-trike, as it feels different to a bike... but those three wheels meant I didn't have to worry about wobbling or falling, and I could finally focus on the simple joy of moving my legs and getting out into nature. I began slowly, cycling around the quiet paths of my home town in the Wiltshire countryside, taking it one ride at a time.

**I**n my 40s, fitness was a natural part of my daily life. Spin classes, long countryside walks – it all kept me feeling energised, fit, and ready for anything. But life happened. The pounds crept on, my joints started to ache, and suddenly, I found myself in my 50s and seven stone heavier, struggling to find the motivation to move at all. And I was far from alone; many friends I spoke to had also found themselves with shifting priorities as the years had gone by, and before we all knew it, exercise had become a distant memory.

Yet, something in me wasn't ready to give up. I just needed to find an option that would work *with* my body, not against it – a way to bring movement back into my life that was both enjoyable and sustainable.

### DISCOVERING A NEW FREEDOM

I came across Jorvik Tricycles earlier this year and felt an immediate "Aha!" moment. Cycling using an electric tricycle sounded like the gentle yet effective exercise I needed – allowing me



Emma loves riding her e-trike around her home village, venturing further with each ride.



The stability and ease were, honestly, life changing. For years, I'd been avoiding traditional bikes because of balance issues. But here, on my Jorvik Tricycle, I felt supported and in control. And I wasn't the only one feeling this transformation. Carol, a fellow Jorvik rider from Yorkshire, captures the impact beautifully: 'My e-trike has given me the ability to get out and about by myself again, meaning I am no longer reliant upon my family and friends. I have been reunited with my freedom, and I now spend lots of time cycling in my local park, keeping fit. I thought I'd lost my independence forever until I found my trike.'

### BUILDING MY STRENGTH

The first few weeks were all about small steps. I started with flat routes and worked my way up to longer rides. Each time, I felt a little stronger and more capable. At the beginning, I doubted whether these modest outings would make much of a difference, but gradually, my body responded. My joints became less painful, my mood brightened, and I felt a renewed sense of purpose and energy. I'd forgotten what it was like to feel this way.

One of the unexpected rewards was the improvement in my mental health. I let go of the frustration and stress I'd been carrying over the years, and I reconnected with the world around me. Wendy from Grimsby, another Jorvik enthusiast, shared a similar feeling: 'Finding a tricycle has truly changed mine and my partner's lives. She no longer worries about me going out alone, and we can enjoy our lives together again. After more than two years stuck at home alone, I felt like a phoenix rising from the ashes!'

One of the best features of my Jorvik e-trike is its electric assistance. While I was building up my strength, the motor provided a welcome boost, especially on longer routes or inclines that might have discouraged me before. This assistance made the experience so enjoyable – I could focus on the ride itself rather than worrying about pushing myself too hard. That ability to take things at my own pace was precisely what I needed.

Having an e-trike also allowed me to stay consistent. There was no pressure to prove anything to myself; I could just go for a pleasant ride, explore new routes, and be in the moment. With each ride, I felt my confidence bloom. It wasn't just about physical health anymore – it was about reconnecting with myself and finding joy in the small victories.



Emma has the Jorvik Elite Low Step Through Electric Folding Tricycle JET-E with 24" wheel size (£2,699, [jorviktricycles.com](http://jorviktricycles.com)). Payment options are available. Jorvik has a showroom in York so you can take a look at the tricycles in person and enjoy a test ride.

The team at Jorvik were also on hand whenever I needed advice, happy to help with any questions about using the e-trike, which put my mind at ease from the beginning.

### FINDING MY FITNESS

Looking back, I realise that my Jorvik e-trike has completely reframed what fitness means to me. It's not about rushing to lose weight or pushing myself to the limit. It's about sustainable, gentle movement that allows me to reclaim my health without risking injury or burnout. For years, I'd felt overwhelmed by the idea of exercise, but cycling on three wheels turned it into something positive, personal, and even meditative. It's





true that fitness can take many forms, and finding what works best for you is crucial. After struggling to find a form of exercise that suited my lifestyle and limitations, this tricycle has given me a new lease on life. I'm not only building strength and stamina but also nurturing my sense of independence and joy. And as Carol and Wendy's stories show, it's never too late to rediscover yourself through movement.

I love my new e-trike, equipped with wicker basket and bell, which allows me to simply pop into my local village, see friends, do a bit of shopping (the rear basket is also so helpful), all while putting my fitness first and being car-free – and care-free!

The beauty of my Jorvik e-trike journey is that it's about finding comfort in who I am now, not who I used to be. This isn't about going back to the fitness level I had years ago; it's about embracing my present self with compassion. Cycling on three wheels has brought me closer to that goal, helping me find a version of fitness that truly serves me.

So, if you're feeling stuck or unsure where to start, consider finding a gentle form of movement that meets you where you are. I've come to understand that fitness isn't a destination, it's a journey of self-discovery and self-care. If you're out there thinking it's too late to make a change, let me assure you: it's never too late. Whether choosing an e-tricycle or a different form of exercise, find what brings you joy, go at your own pace, and relish each step forward.

