

ITMO UNIVERSITY

reasons to ride a bike

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Outline

- Why should you ride a bicycle?
- What is the impact of a bicycle on your health?
- How do I ride a bicycle to lose weight faster?

Introduction

- Sleep
- Losing weight
- Muscles
- Intellectual activity
- Eyesight
- Health
- Economy



sleep improvement



losing weight

- if you want to lose weight, then ride fast but for short distances!!!



Increased muscle tone

- Legs
- Chest
- Back
- Hands



Intellectual activity

- memory improvement



Health



Improvement of lung function



Skin improvement



Hormones of happiness



Strengthening of the nervous system



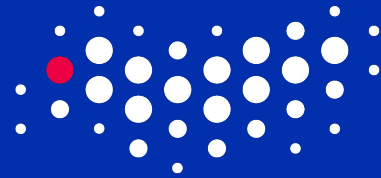
Strengthening of the cardiovascular system



Eyesight Improvement

Economy





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Thank you for attention

you can clap