

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



Strengthening of the nervous system



Skin improvement



Strengthening of the cardiovascular system



Hormones of happiness



Eyesight Improvement



Economy







Thank you for attention

you can clap