

ITMO UNIVERSITY

reasons to ride a bike

Shopa Nikita

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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



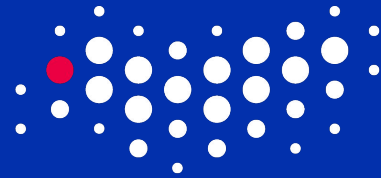
Strengthening of the cardiovascular system



Eyesight Improvement

# Economy





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**Thank you for attention**

you can clap