



ITMO UNIVERSITY

reasons to ride a bike

Shopa Nikita

Saint-Petersburg
2017

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



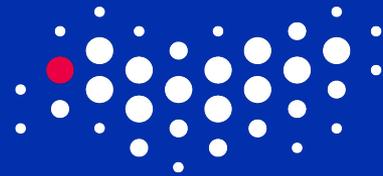
Strengthening of the cardiovascular system



Eyesight Improvement

Economy





ITMO UNIVERSITY

Thank you for attention

you can clap