

# CYCLING



wellbeing >>

Happiness >>

Brain activity >>

Cycling increases well-being, makes happy and supports your brain activity

Cycling increases the life expectancy by **3 to 14 months** ↑



**1 day** ↓

Cyclists have one day of sick leave less per year



Cycling helps balancing work and life and has therefore positive effects on body and mind



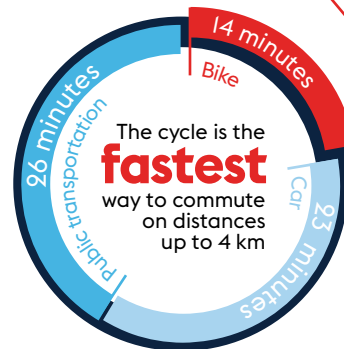
Cycling regularly reduces the risk of a heart stroke by **↓50%**



Cycling increases fitness levels and stimulates the body's lipid metabolism



The cycling rotation relieves the joints and decreases the possibility of suffering from arthritis



Cycling 50km on your Pedelec uses the same amount of power as brewing one cup of coffee

**6kg** ↓

The average person will lose 6kg in their first year of riding to work

## Other facts



Up to 20 bikes can be fit into one car parking spot



Studies have shown that homes closer to bike paths are more valuable