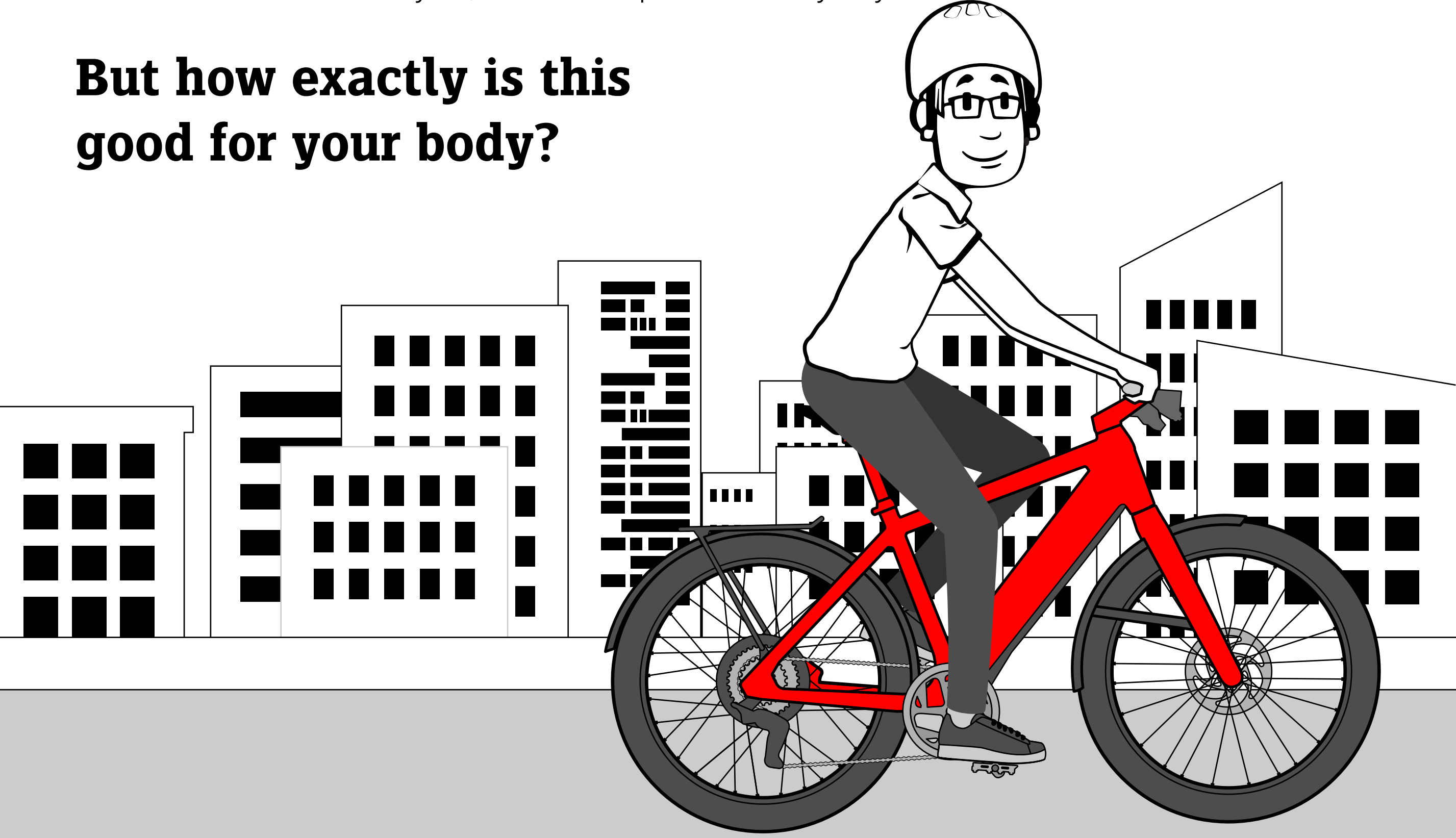


Commuting by speed pedelec

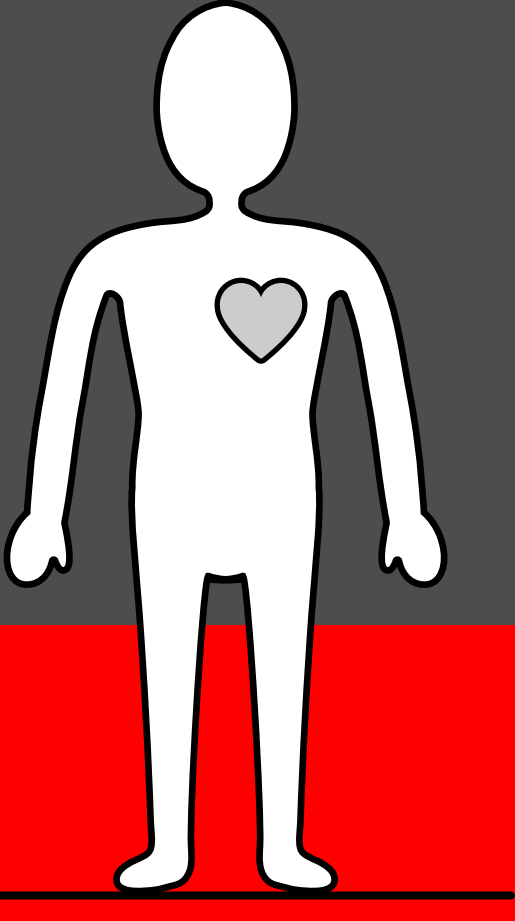
Five benefits for your fitness and health

The WHO recommends 150 minutes of moderate exercise per week – easily achieved by commuters who ride a half an hour to work on their bicycle, e-bike or s-pedelec every day.

But how exactly is this good for your body?



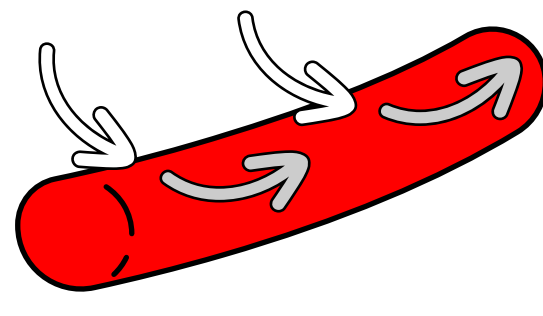
Strong heart



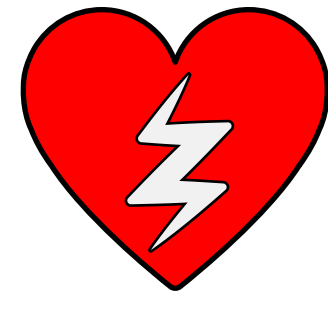
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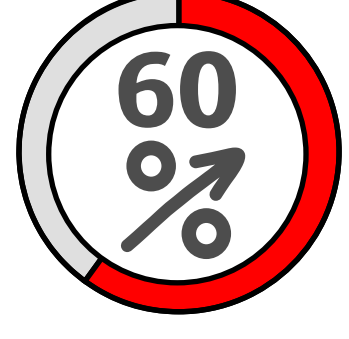
The heart rate of pedelec riders is only 10 beats slower than that of cyclists.



The oxygen consumption of the blood is improved, making the heart work better.



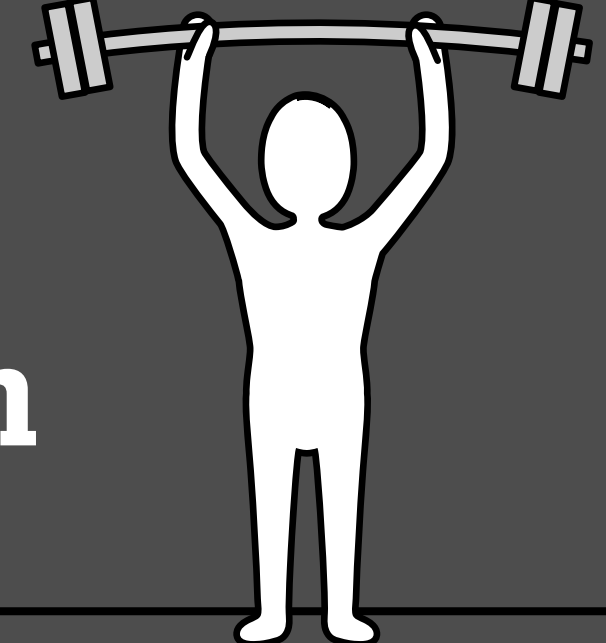
The risk of a heart attack or stroke sinks by up to 50 %.



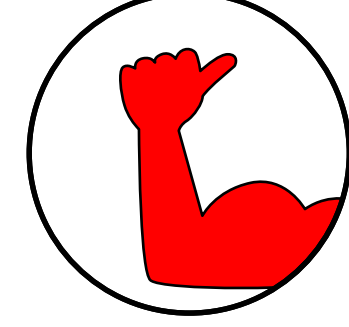
An owner of a pedelec will use this up to 60 % more than a bicycle.

2

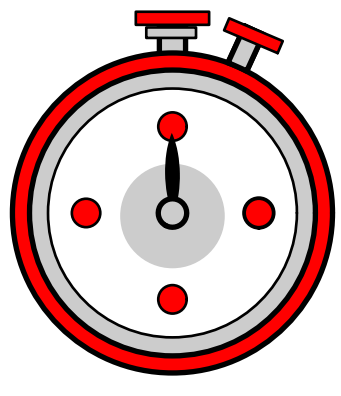
Fitness through motivation



This motivation leads to longer distances and more cumulative elevation gain covered.



Building up your level of fitness and your muscles happens naturally.



60 min.

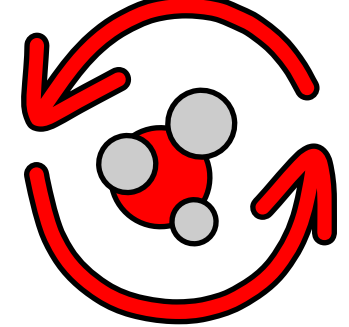
-300 calories

At medium exertion, pedelec riders burn around 300 calories an hour.

Fat burning



3



Regular riding improves fat and glucose metabolism.



The increased muscle mass helps to improve your body's basic energy consumption.

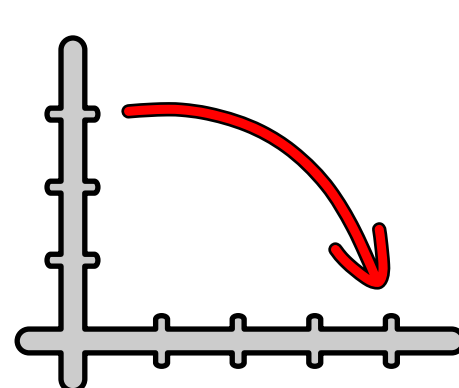
Stress relief



4



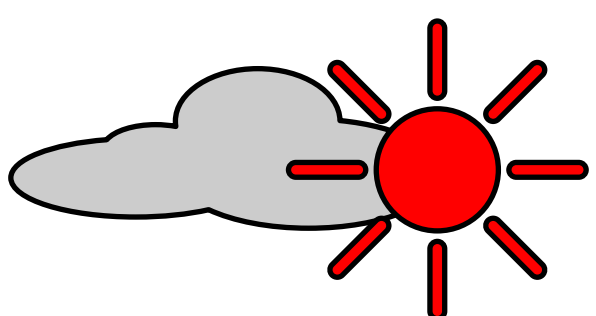
Your commute becomes quality time!



This moderate exertion lowers your adrenaline level.



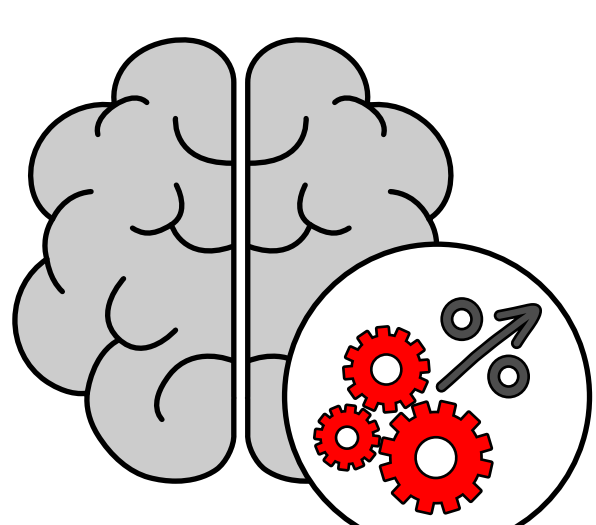
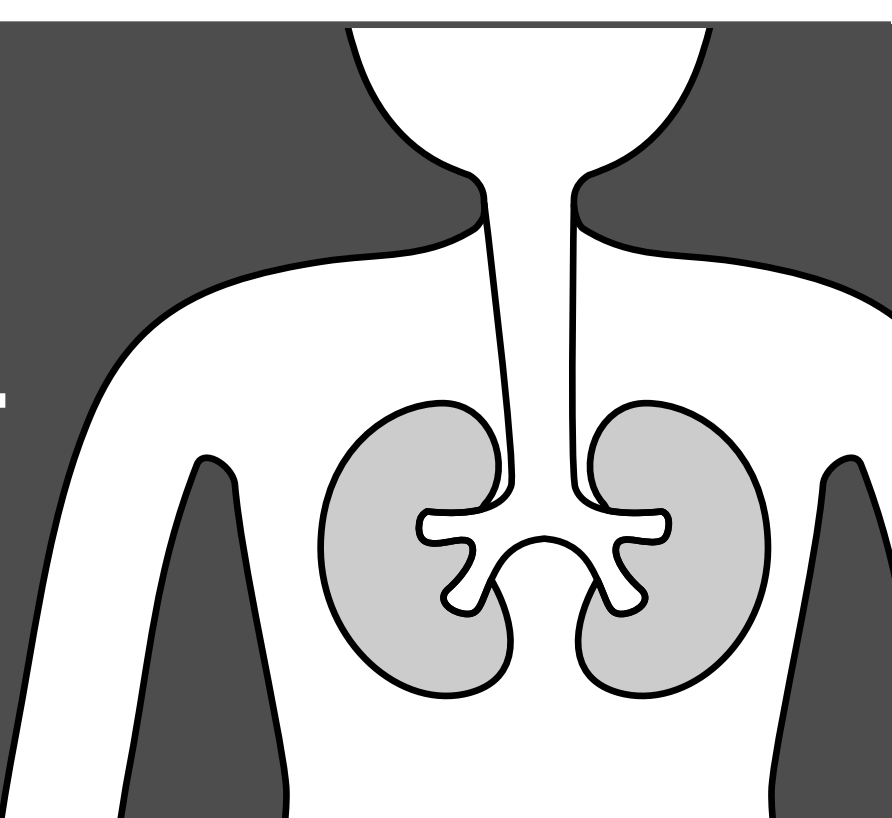
You become more relaxed and more resistant to stress.



Sunlight stimulates the production of vitamin D, which strengthens your immune system, mind and bones.

5

Healthy by fresh air



Exercise in fresh air provides the brain with more oxygen, helping it to age more slowly and making it more efficient.



Your body secretes endorphins – thereby increasing your enthusiasm for your next ride!

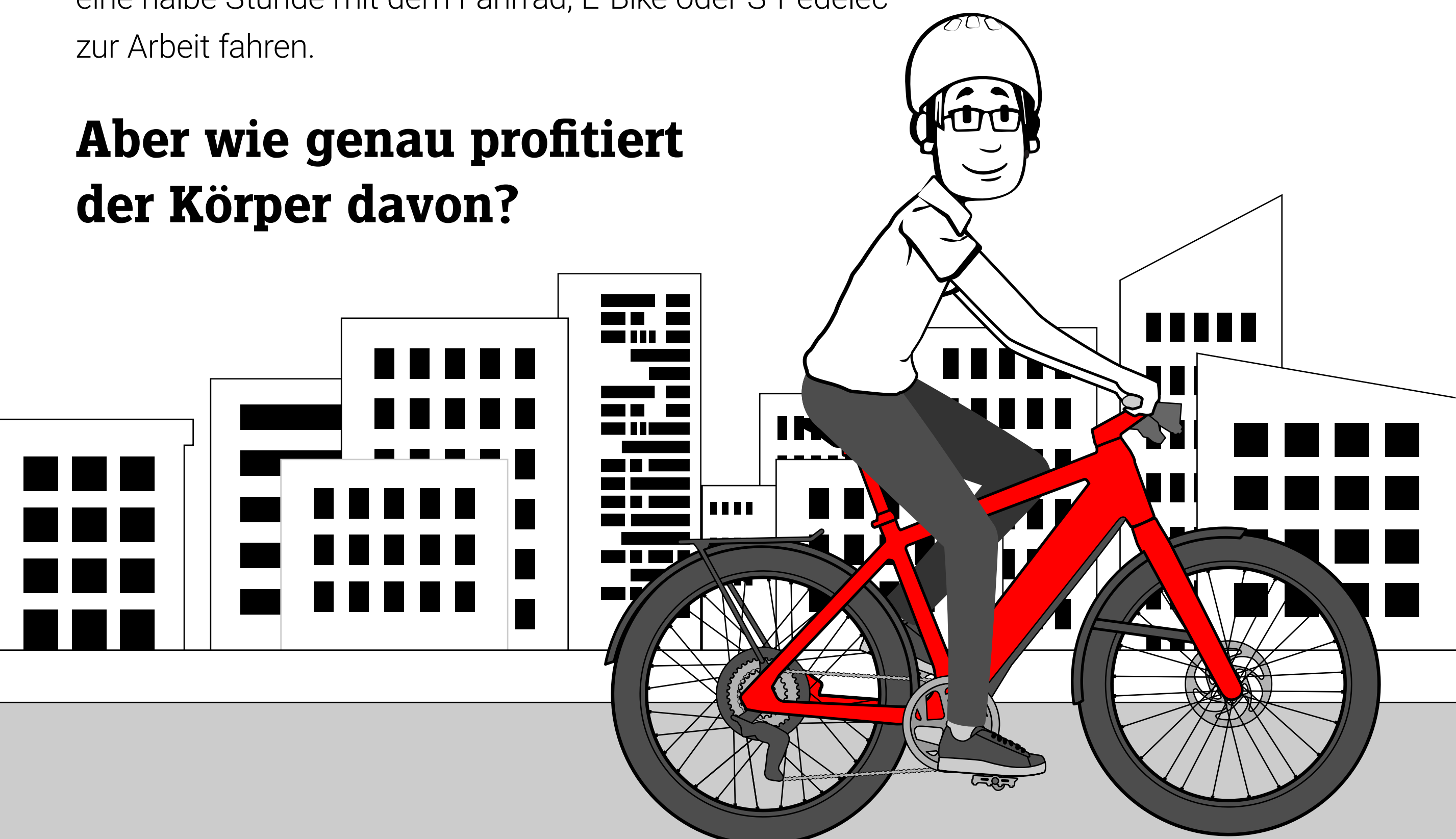
Source reference:
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 Castro, Alberto et al., Physical activity of electric bicycle users compared to conventional bicycle users and non-cyclists: Insights based on health and transport data from an online survey in seven European cities.
 Hsu, Chun Liang et al. (2017), Aerobic exercise promotes executive functions and impacts functional neural activity among older adults with vascular cognitive impairment.
 Höchsmann, Christoph et al. (2017), Effect of E-Bike Versus Bike Commuting on Cardiorespiratory Fitness in Overweight Adults: A 4-Week Randomized Pilot Study.

Pendeln per Speed-Pedelec

Fünf Vorteile für Fitness und Gesundheit

150 Minuten moderate Bewegung pro Woche empfiehlt die WHO – schnell geschafft für PendlerInnen, die täglich eine halbe Stunde mit dem Fahrrad, E-Bike oder S-Pedelec zur Arbeit fahren.

Aber wie genau profitiert der Körper davon?

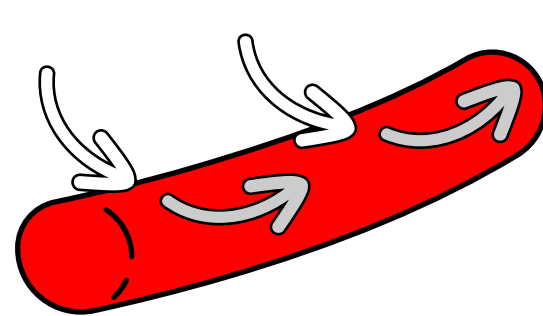
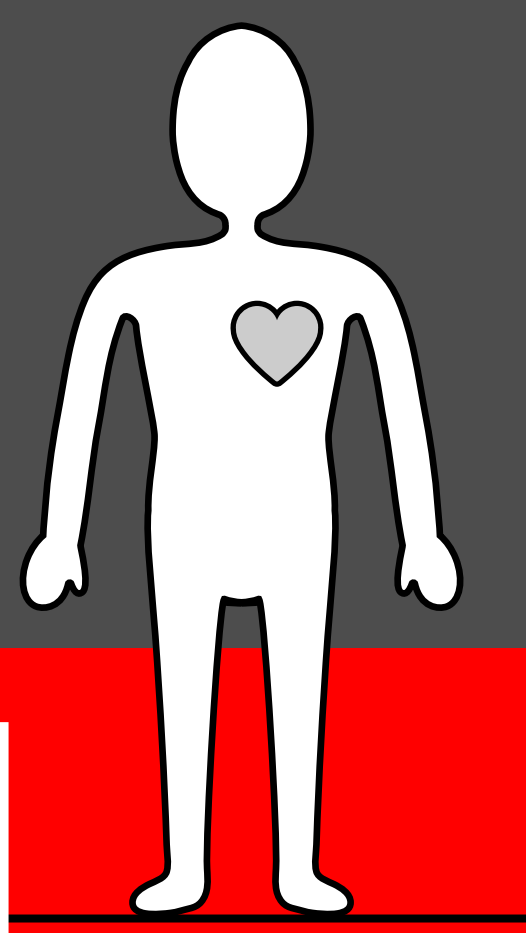


Starkes Herz

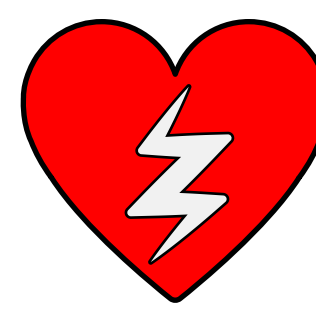


Die Herzfrequenz von Pedelec-FahrerInnen liegt nur 10 Schläge unter der von FahrradfahrerInnen.

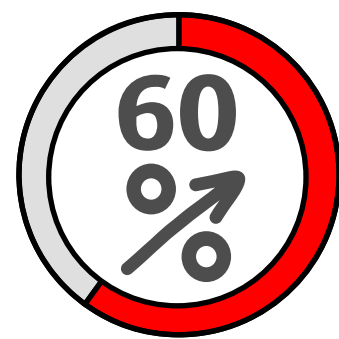
1



Die Sauerstoffaufnahme des Bluts erhöht sich, das Herz arbeitet besser.



Herzinfarkt- und Schlaganfallrisiko sinken um bis zu 50 %.



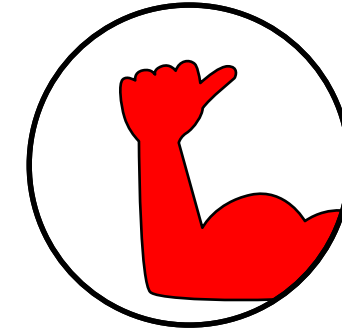
Wer ein Pedelec besitzt, benutzt es zu 60 % mehr als ein Fahrrad.

2

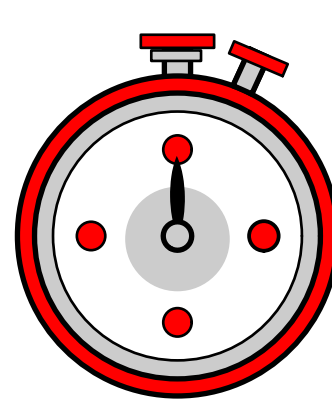
Fitness durch Motivation



Die Motivation führt zu längeren Strecken und mehr zurückgelegten Höhenmetern.



Konditions- und Muskelaufbau erfolgen wie von selbst.



60 Min.

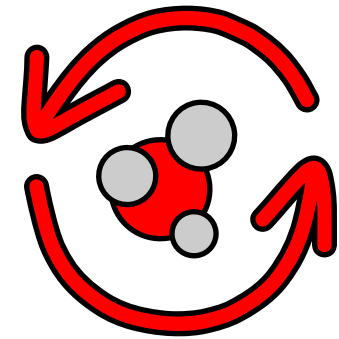
-300 Kalorien

Bei mittlerer Belastung verbrauchen Pedelec-FahrerInnen rund 300 Kalorien pro Stunde.

Fettverbrennung



3



Das regelmässige Fahren verbessert den Fett- und Glukosestoffwechsel.

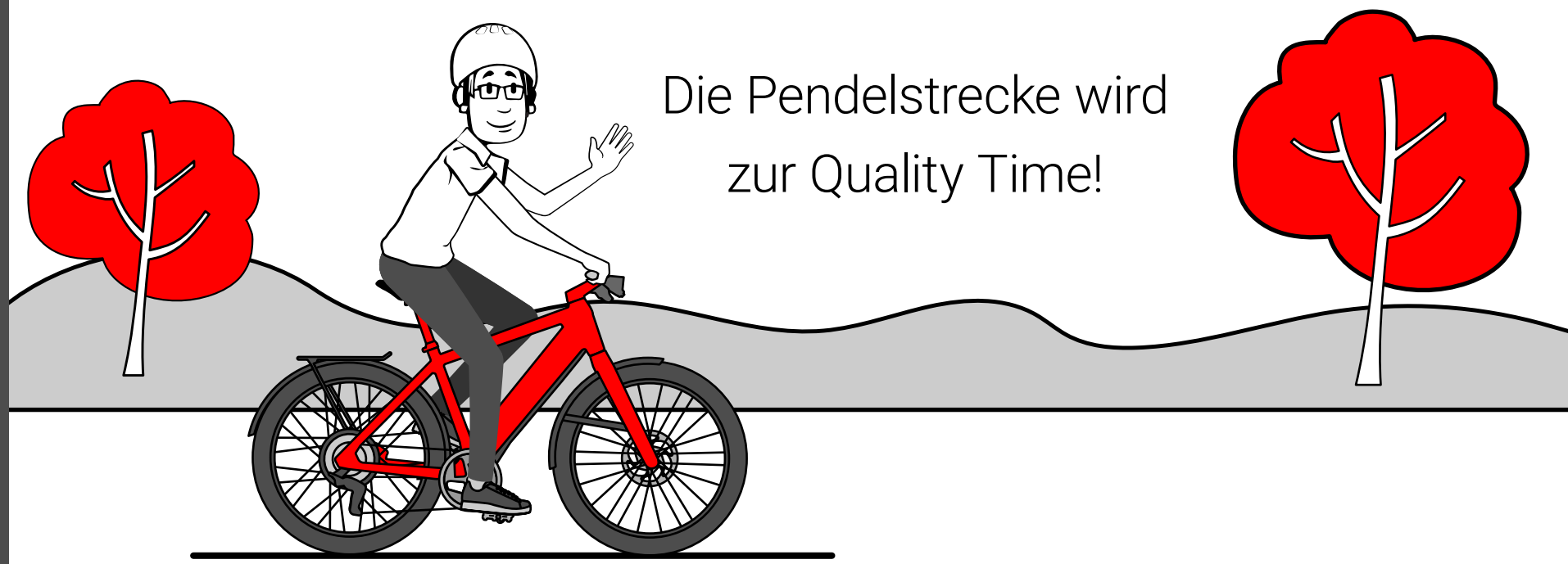


Die gewonnene Muskelmasse steigert den Energie-Grundumsatz des Körpers.

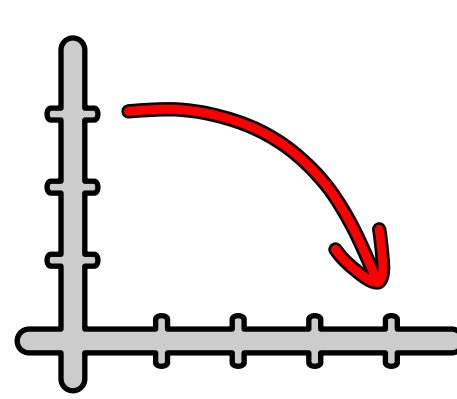
Stressabbau



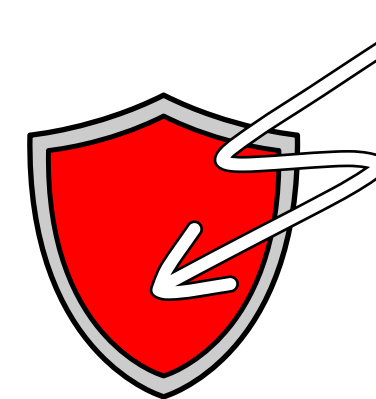
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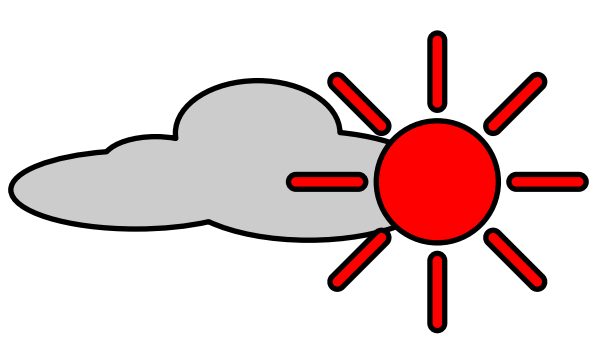
Die Pendelstrecke wird zur Quality Time!



Die moderate Anstrengung senkt den Adrenalinpiegel.



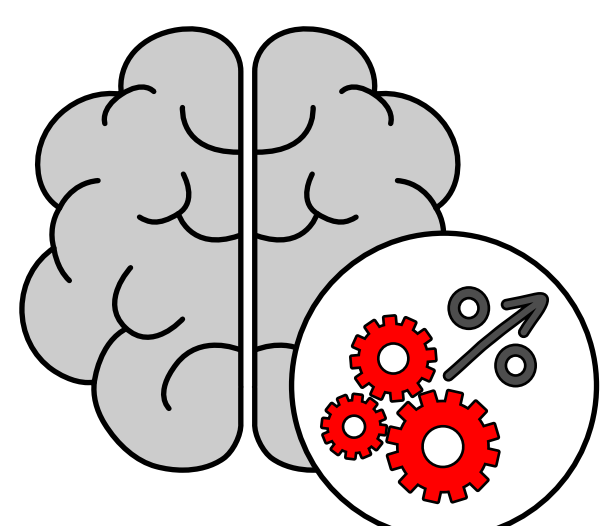
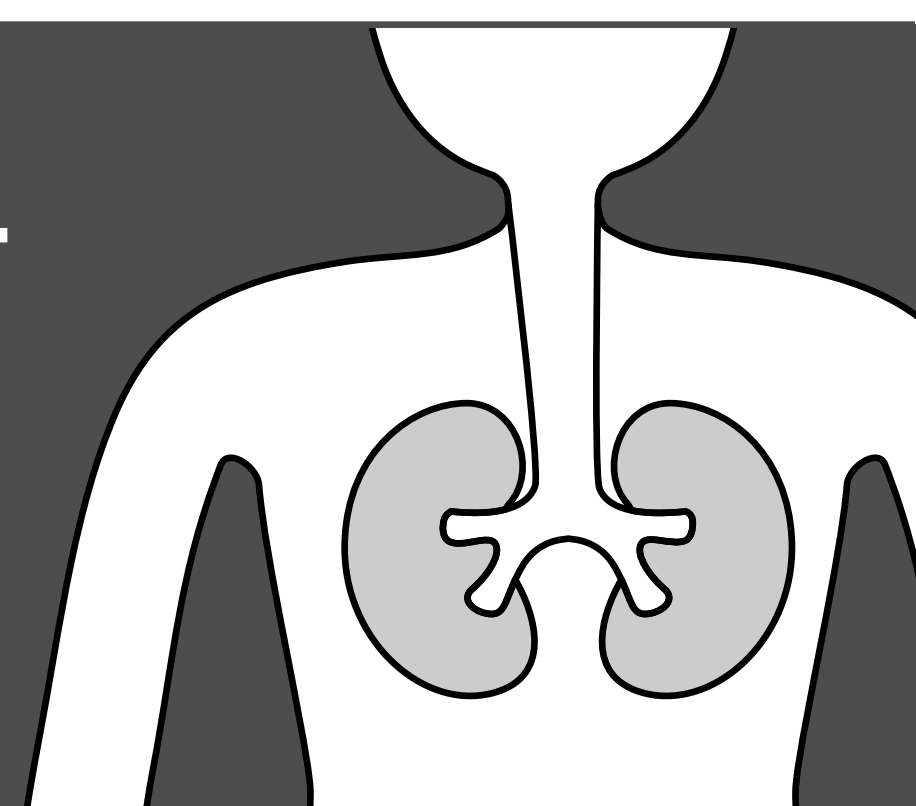
Man wird entspannter und stressresistenter.



Sonnenlicht regt die Vitamin-D-Produktion an, was Immunsystem, Geist und Knochen stärkt.

5

Gesund durch frische Luft



Bewegung an der frischen Luft versorgt das Gehirn mit mehr Sauerstoff, lässt es langsamer altern und macht es leistungsfähiger.



Der Körper schüttet Endorphine aus – und steigert so die Lust auf die nächste Fahrt!