



Cycling therapy: how cycling affects public health



Commuting as a preventive measure

Cycling benefits:

- weight loss and muscle building
- reduction of cancer and cardiovascular diseases risk
- the immune system strengthening



Due to endorphins producing:

- Improve mental health and make better sleep
- Contributes to the fact that we become friendlier and happier

Commuting
as a preventive measure



Cycling and comfortable cities

Cycling development in the cities over the next 15 years can reduce CO2 emissions by 7%. As a consequence it can partially solve the problem of smog appearance and reduce the risk of heart failure, heart attacks, cancer.



Cycling as a companies' Wellness program part: the financial pros

- In the USA, 500 companies have policies with bicycle-friendly conditions. 55% of these companies contain less than 100 employees
- Also in the US, companies with such programs spend \$ 200,000 on sick leave certificates less than other companies
- In Denmark, even 1% of bike to work trips means saving \$ 34 million for sick leave certificates



Cycling as a companies' Wellness program part: benefits for employers and employees

- The employees' health of strengthening and maintaining
- Decreasing the amount of diseases
- Improving the efficiency and reducing industrial injuries
- Reducing the number of sick leave certificates
- Team-building component, which makes up happier employees



Pedal and keep feet!

Mariia Shenko

Kyiv Cyclists Association

maria@avk.org.ua

facebook.com/maria.shenko



Асоціація
велосипедистів
Києва