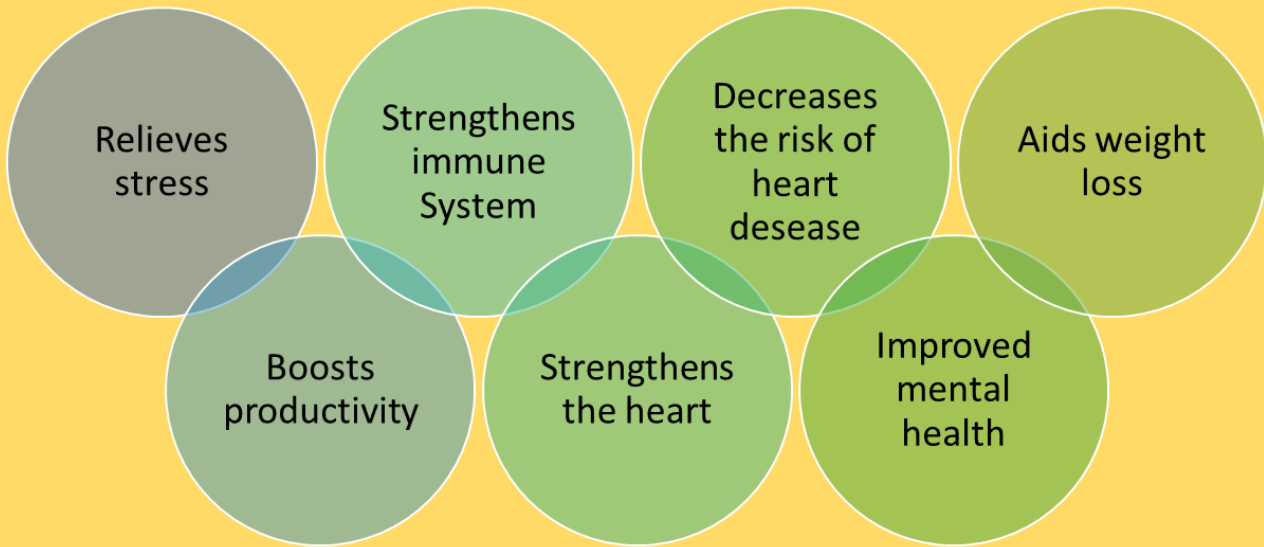


Health Benefits of Walking and Cycling



- Physical exercise has been found to decrease stress and anxiety by 40%
- On average cycling burns 400 to a 1000 calories per hour depending on weight and time spent cycling
- Feel good hormones are released when a person spends time exercising
- Walking has shown to improve mood, reducing anxiety, depression and
 - Walking for 30 minutes a day for 5 days per week can reduce your risk of heart disease by approximately 19%
 - Cycling is a non-weight bearing activity making it easier on the joints
 - Cycling and walking has been proven to improve sleep quality

