



July 19, 2016 – Grand Rapids, MI

Enter the Pedelec

Of all the reasons people give for not exercising, the lack of time would be number one. But what if you could combine exercise with something you're going to do anyway?

A long-time reader sent me a link to the Tree Hugger online blog article that talked about a press release that demonstrated the benefits of using pedelecs to commute to and from work (1,2).

What's a pedelec? It's an electric-assist bicycle. The rider has to pedal, but the electric motor kicks in when the terrain gets hilly and the rider needs an assist. Pedelecs can provide an assist up to 20 mph, but beyond that the riders are on their own. The key is that the rider must continue to pedal; the bike doesn't run by itself.

Researchers from Colorado State University wondered whether sedentary people would gain any health benefits if they used the pedelec to commute to work at least three days per week. We'll take a look at the results on Tuesday

What are you prepared to do today?



Dr. Chet

References:

1. <http://bit.ly/29Rebox>
2. <http://bit.ly/2alaXac>

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

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