



July 21, 2016 – Grand Rapids, MI

## Results of the Pedelec Study

Researchers wanted to find out if there were health benefits from the regular use of the pedelec, an electric-assist bicycle, by previously sedentary commuters. They recruited 20 volunteers to participate in a four-week study on the regular use of the pedelec to replace their drive to work. The researchers tested fitness levels, heart rate, blood pressure, and measures of blood sugar control before and then again after four weeks.

The subjects averaged close to 200 miles per week. If they used the pedelec three days per week, that's an average commute of 32 miles each way. Using the numbers given in the abstract, that would be just over a 2.5 hour commute each way three days per week; if we assume some used it every day, the time and distance would be less.

What about health benefits? There were improvements in fitness levels, blood pressure, and blood sugar control. The question is whether the return is worth the investment of time. I'll cover that on Saturday.

Just over a week until [Supplementing for Health](#), my live seminar in Dallas; you should be there if you're interested in your health, your family's health, or your clients' health. Check it out and register at the [Store](#) at drchet.com.



What are you prepared to do today?

**Dr. Chet**

### References:

1. <http://bit.ly/29Rebox>
2. <http://bit.ly/2alaXac>
3. <http://bit.ly/2a0wvtM>

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