



HEAT project webinar: Winter Cycling

Maintenance and mobility management for year-round cycling

15 January, 2020



Good reasons for cycling all year around

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dr med sc, professor

Lecture at the WHO Health Enhancing Assessment Tool (HEAT) webinar
organized by the Swedish National Cycling Advocacy Organization, Stockholm, Sweden, January 15, 2020



The Royal Gymnastic Central Institute (GCI), est. 1813

Stockholm, Sweden

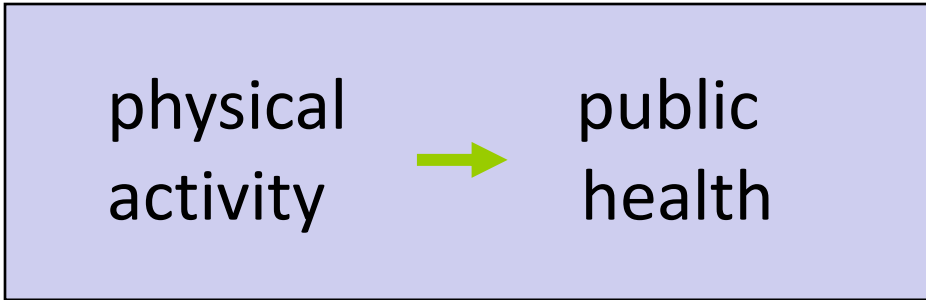
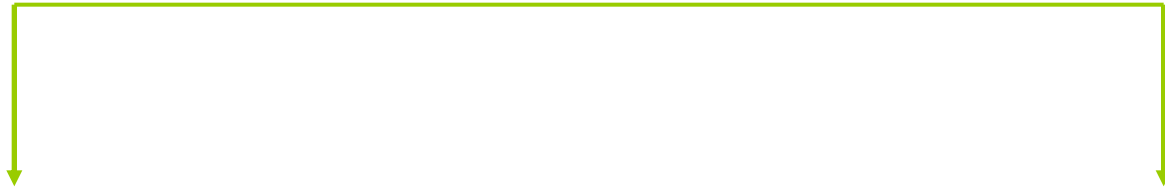


The Royal Gymnastic Central Institute (GCI), est. 1813
– The Swedish School for Sport and Health Sciences, GIH
Stockholm, Sweden



The Research Unit for
Movement, Health and Environment
www.gih.se/mhe

cooperative strategies



systemic demands

physical activity



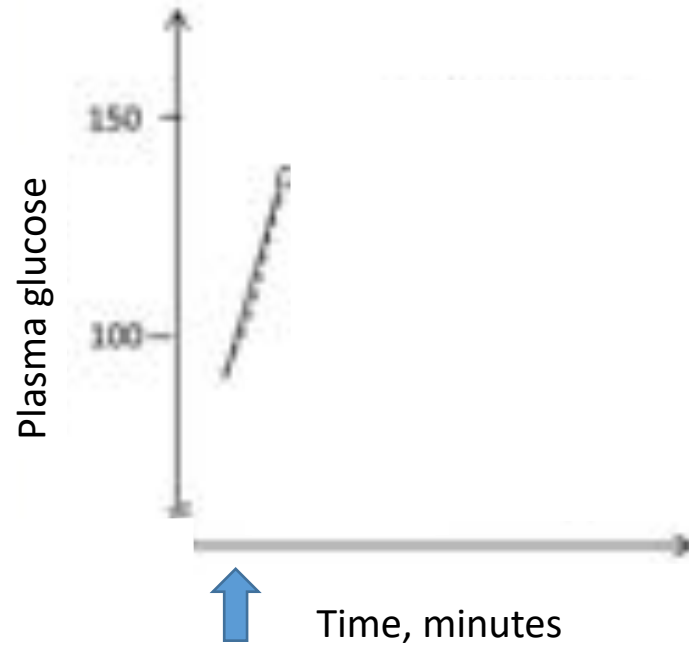
- Coronary and heart diseases
- High blood pressure
- Stroke
- Type II diabetes
- Colon cancer
- Breast cancer
- Parkinson's disease
- Dementia
- Bone fragility
- Mild depressions

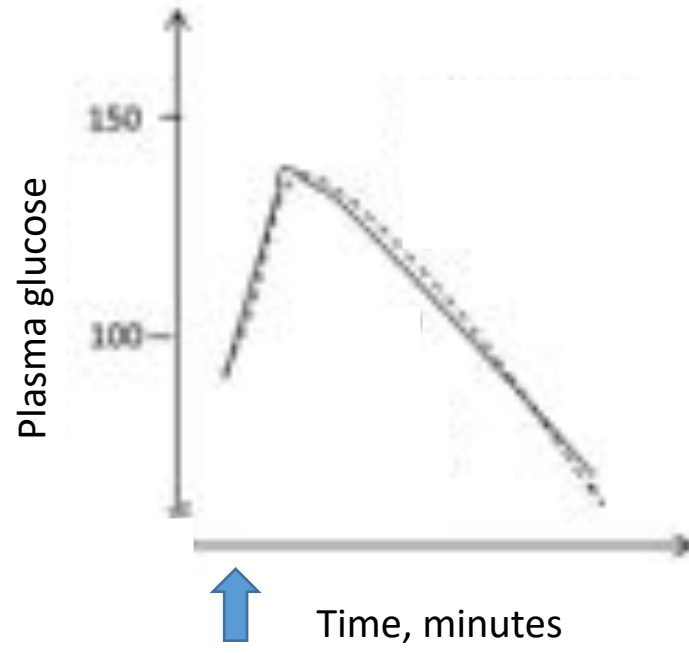
physical activity

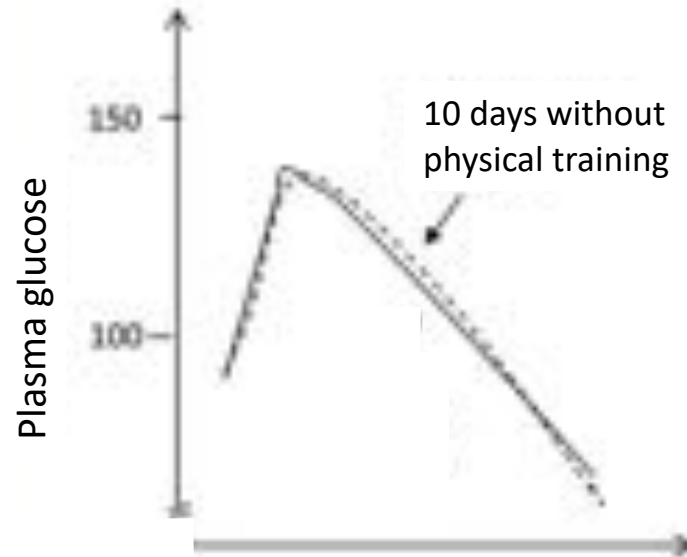


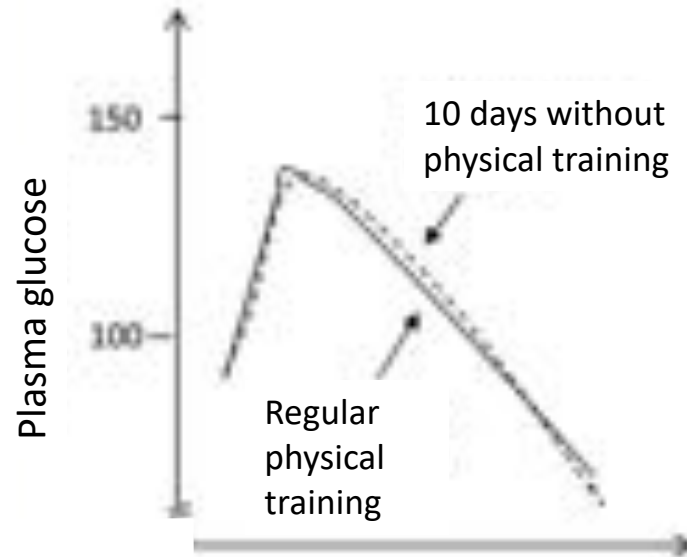
- Premature mortality

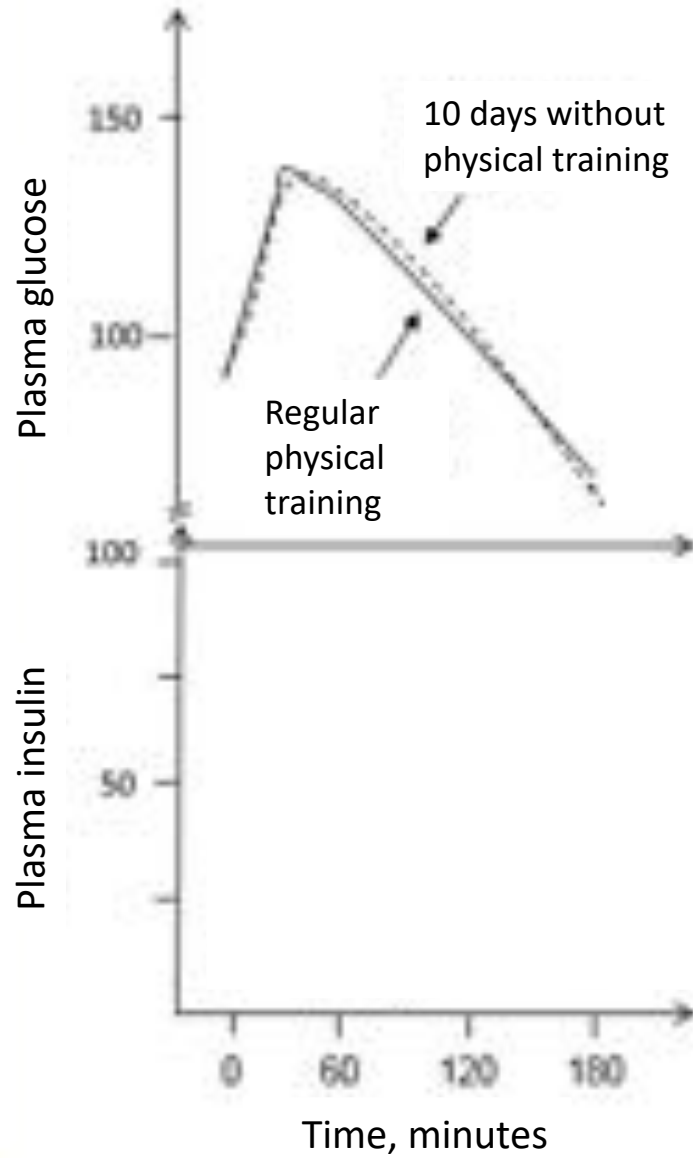
The effects of physical activity do not last forever.

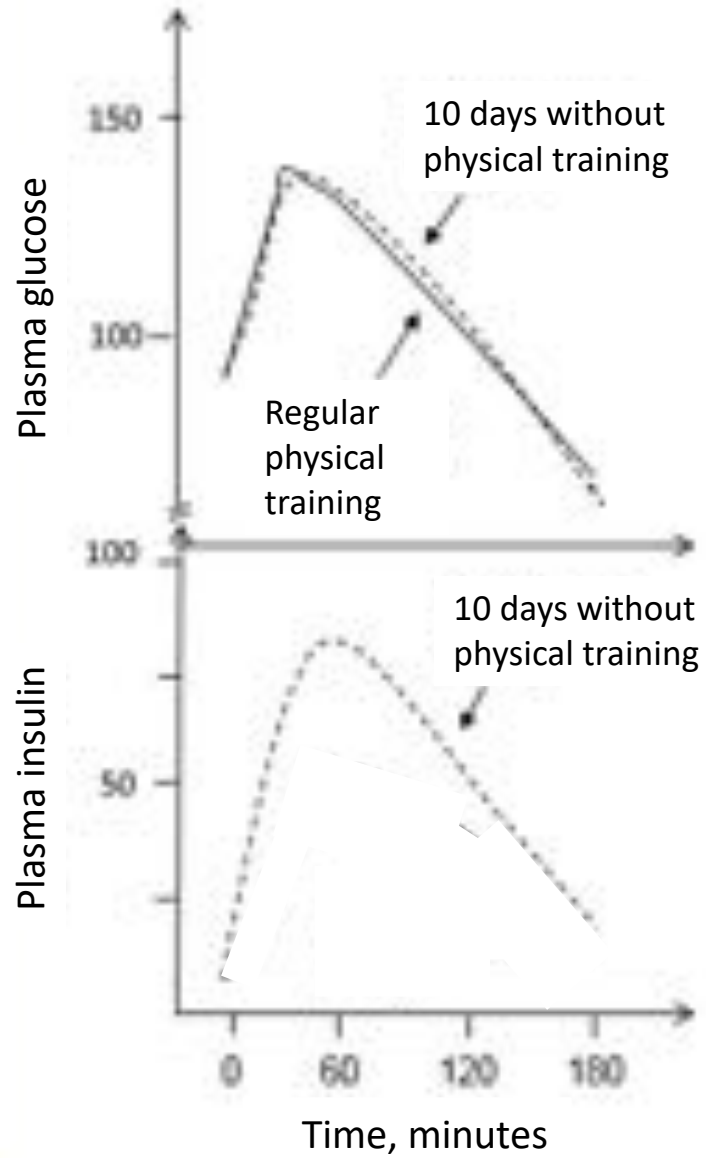


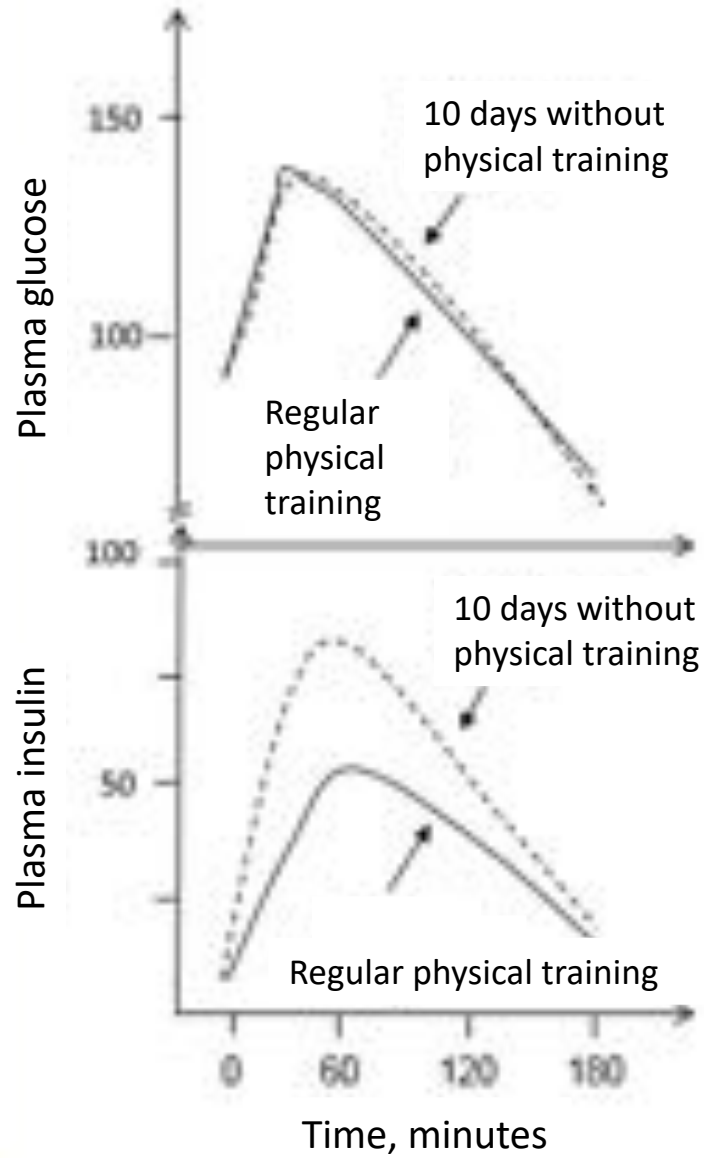


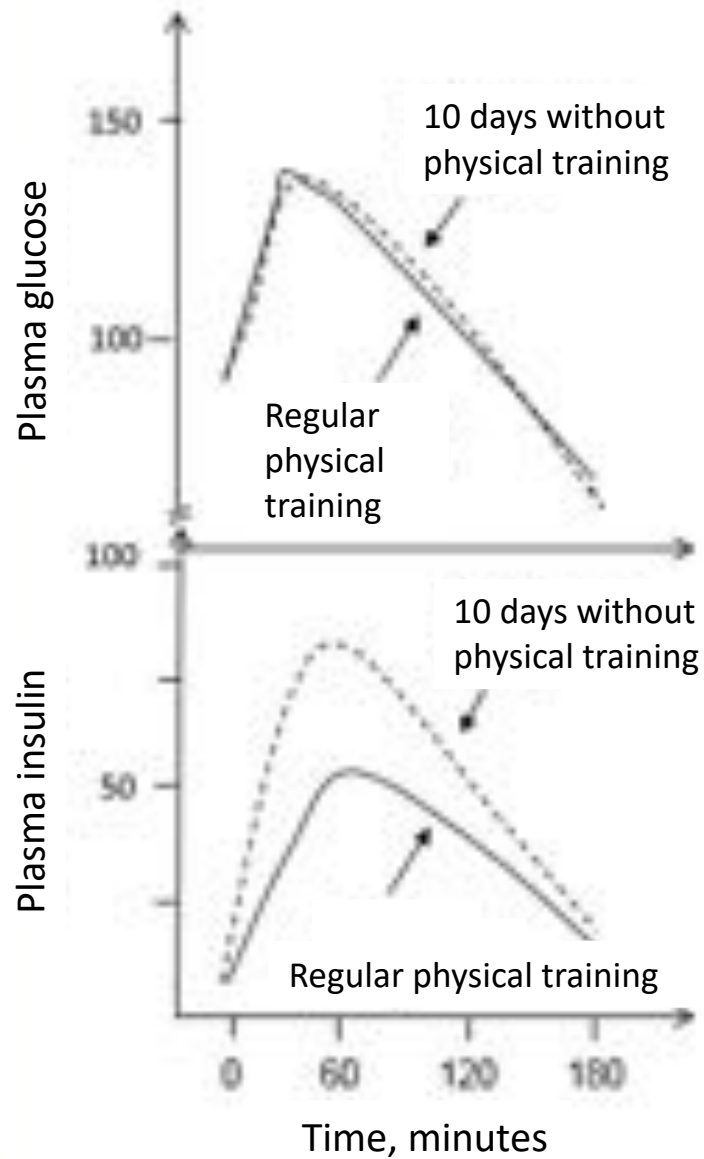






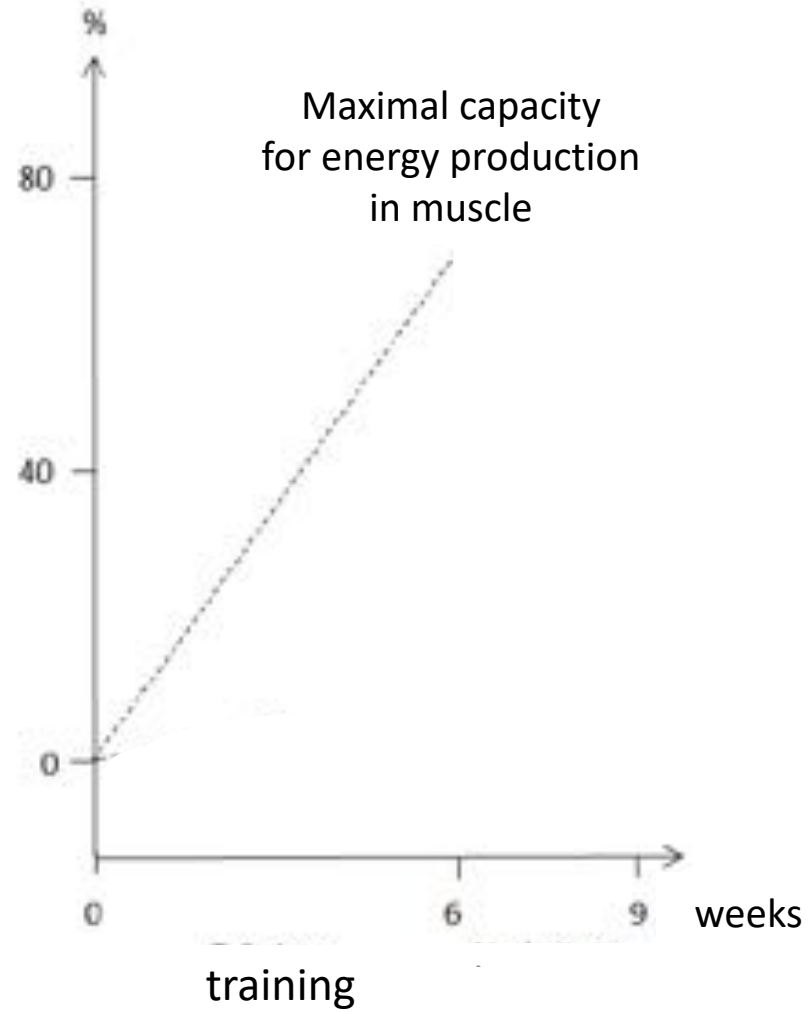




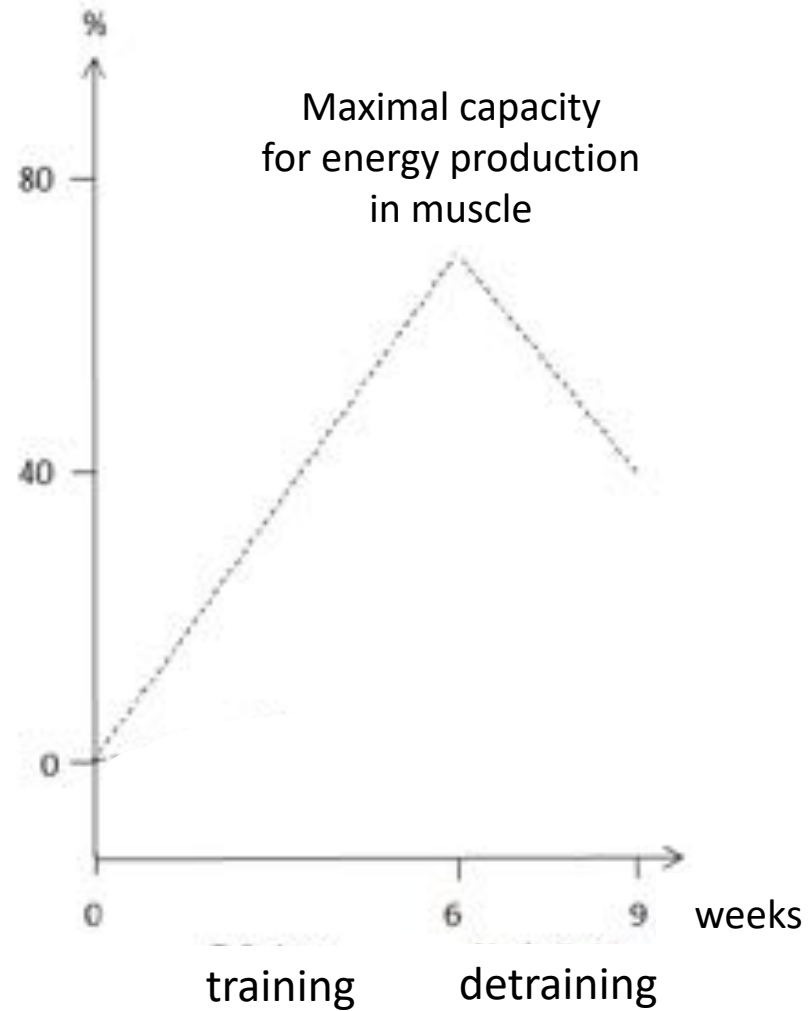


Rogers et al. 1985.
J Appl Physiol 68(5):1833-7.

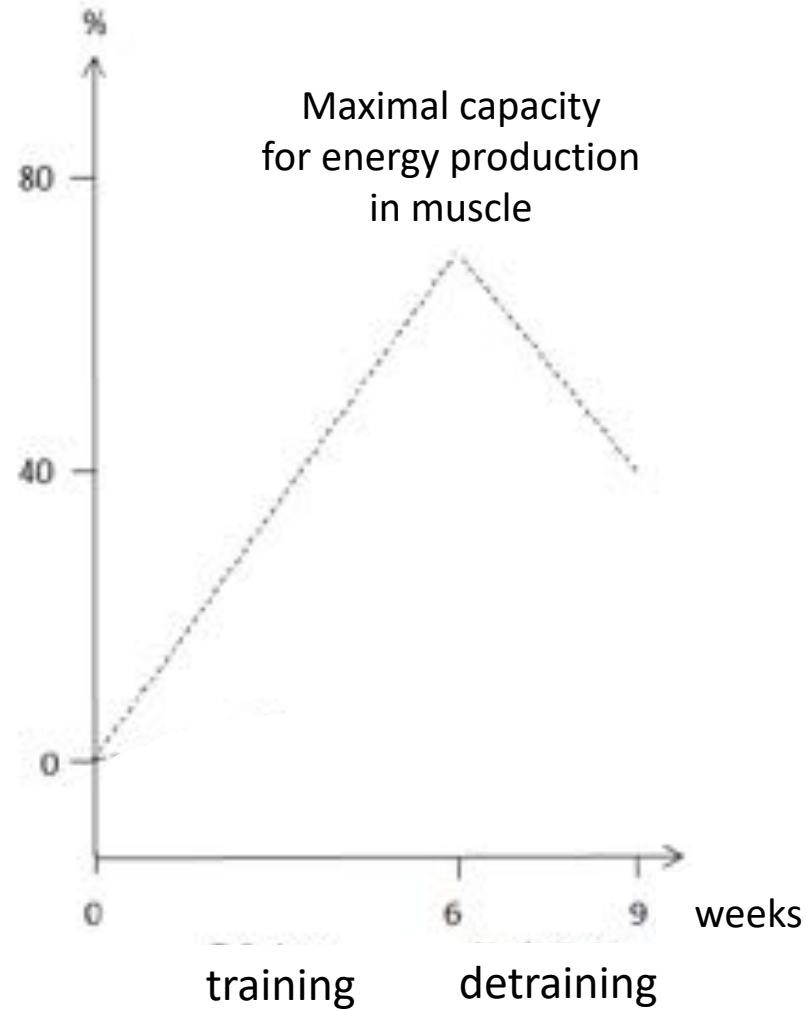
Relative changes in relation
to pretraining values



Relative changes in relation
to pretraining values



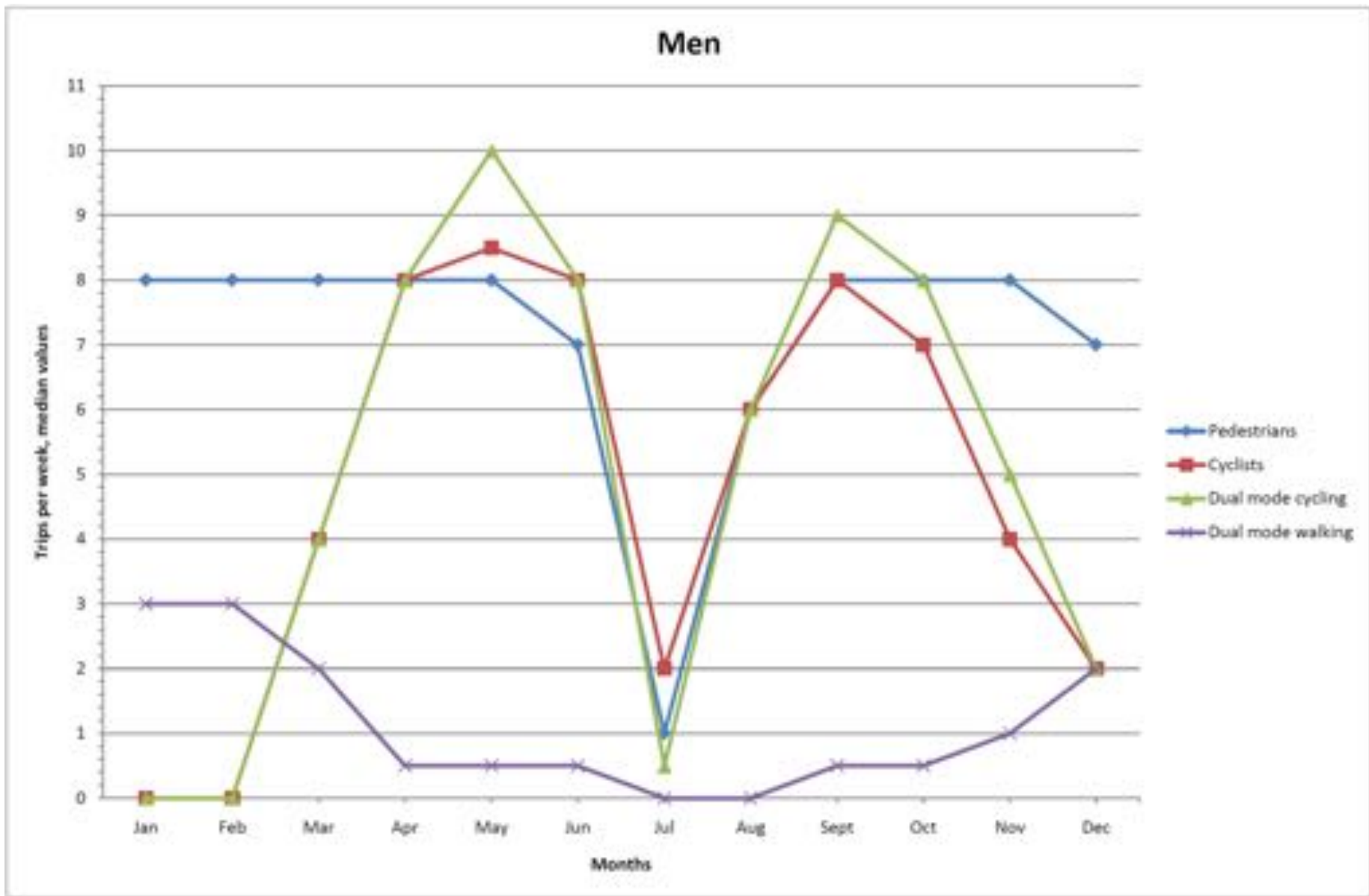
Relative changes in relation
to pretraining values



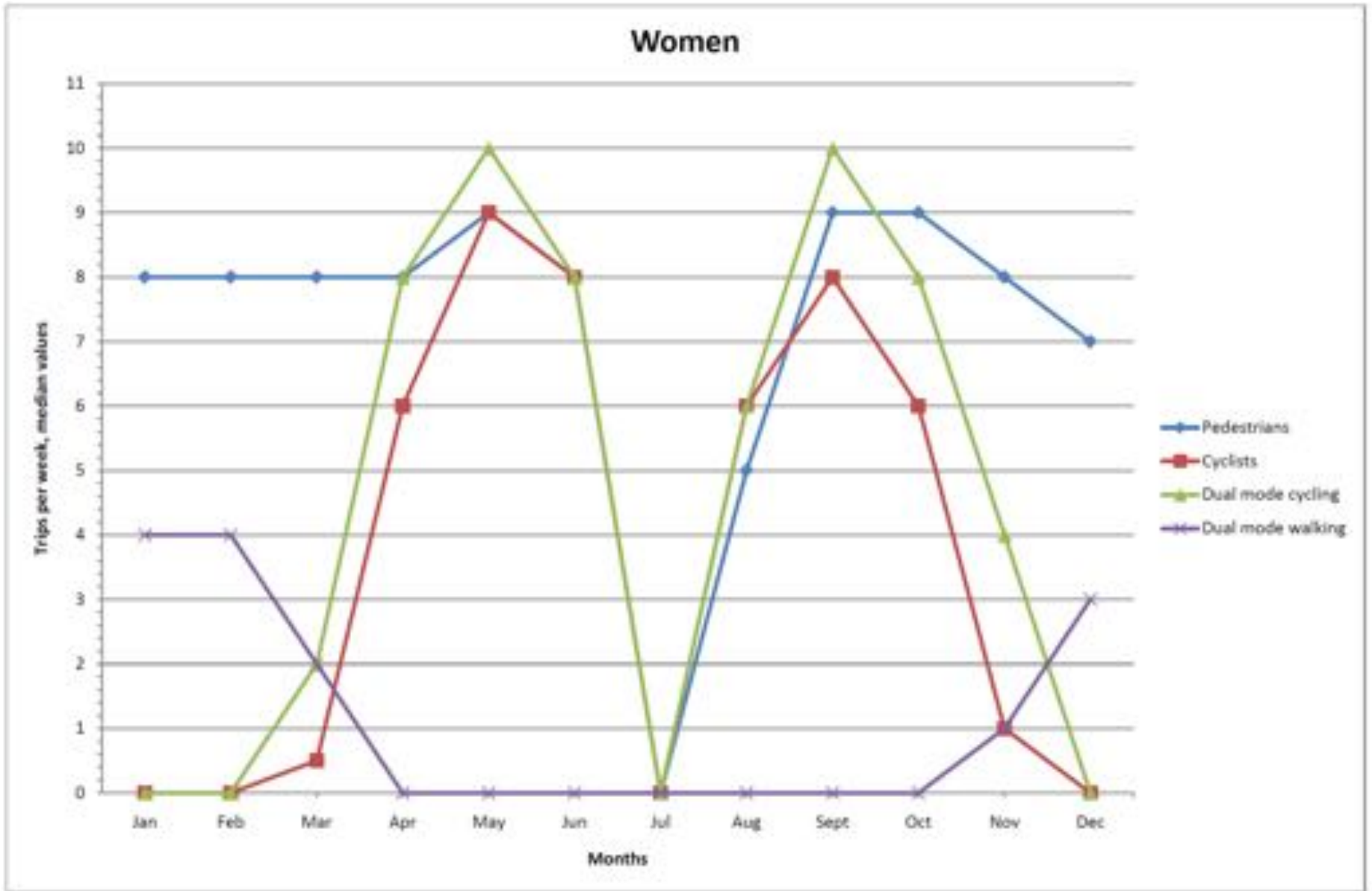
Wibom et al. 1992.
J. Appl. Physiol.
73:2004-10

The effects of physical activity do not last forever.

Commuter cycling trips per week  over the year in Greater Stockholm, Sweden (median values) 

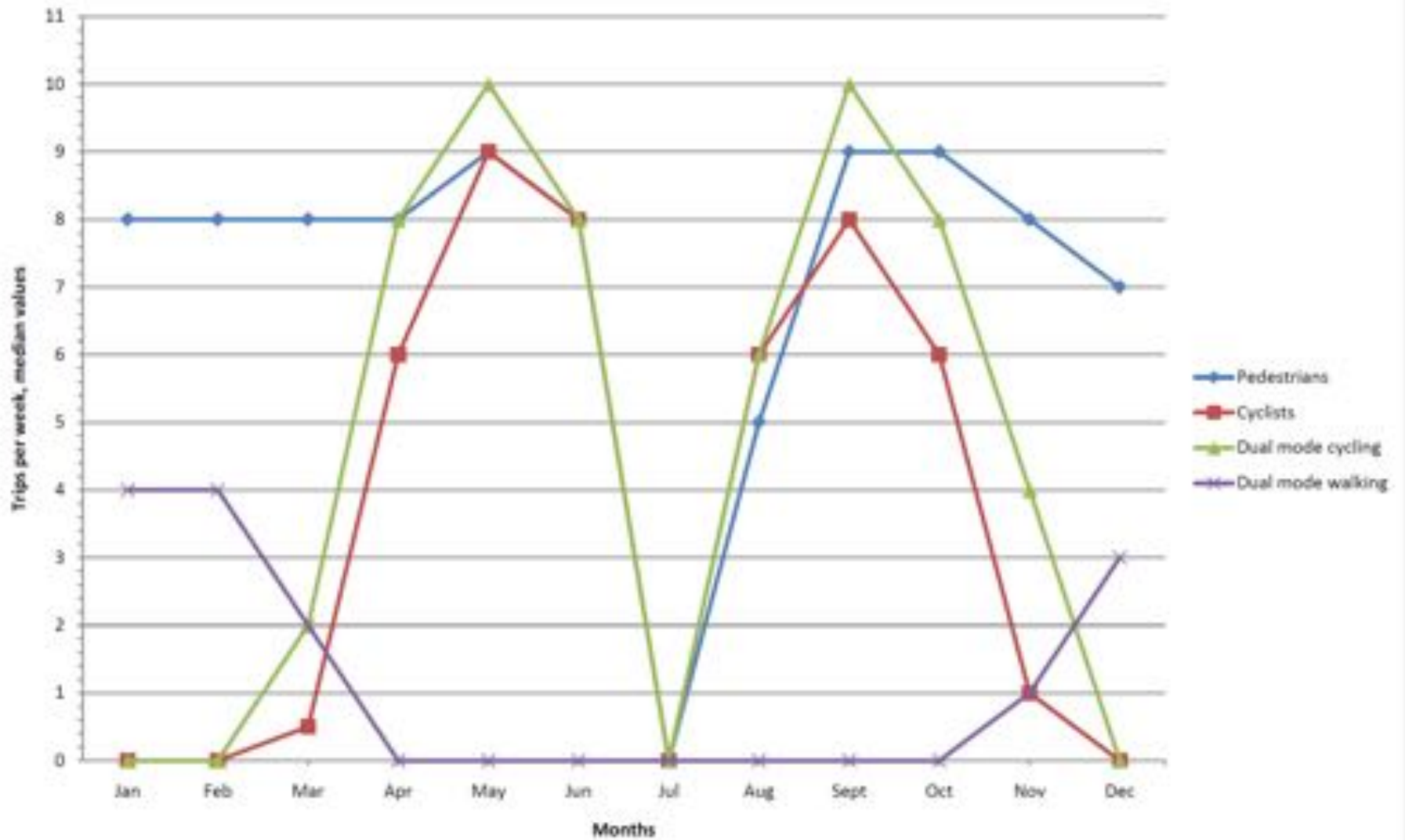


Commuter cycling trips per week — — over the year in Greater Stockholm, Sweden (median values)



Commuter cycling trips per week — — over the year in Greater Stockholm, Sweden (median values)

Women



The effects of physical activity do not last forever.

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It is therefore very beneficial for the health
if one cycle all year around!

Many thanks for your attention!

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www.gih.se/pacs



EUROPEAN UNION
European Regional Development Fund

WINTER CYCLING
MAINTANCE AND MOBILITY MANAGEMENT
FOR YEAR-ROUND CYCLING

WEBINAR | 15 JANUARY, 2020

Tack, kiitos, aitäh & paldies!

www.heatproject.eu

#biking4health

#planningtogether