

Physical Education



Benefits of Cycling

You can do it!

"THE BIKE WILL TRANSFORM ANYONE WHO IS WILLING TO LET IT HAPPEN."

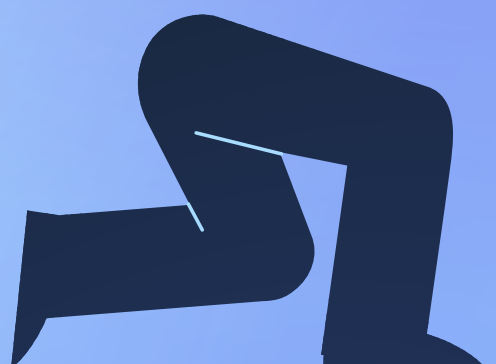
— Ina—Yoko Teutenberg



Boosting your
cardiovascular
endurance



Good for the
environment



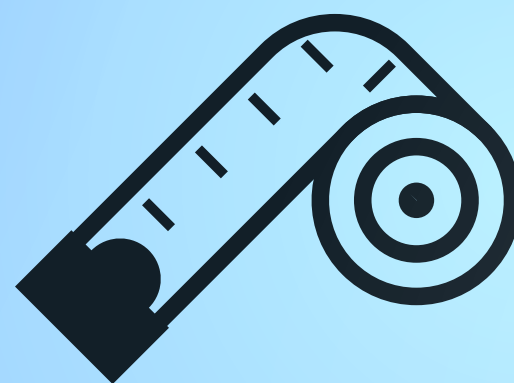
Trains your leg
muscles and
strength



Low impact
activity and good
for beginners



Relaxing
activity that
relieves stress



Helps manage
and lose weight

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