

3 Health Benefits of Electric Bikes

Find out what happened when researchers gave sedentary, adult men and women ebikes to ride to work.

ORLANDO, FLORIDA, USA, June 29, 2018 /EINPresswire.com/ -- Researchers at the University of Colorado, Boulder, gave a group of sedentary and out of shape men and women [electric bikes](#) to ride to work. The results (on many levels) were astounding and need to be shared with those that continue to search for an easy way to get fit that study participants reported to be "a blast". The health benefits of riding ebikes cannot be ignored, but neither should the fact that riding ebikes is an easy way to get outside and have some fun.

Not only did the men and women in the study reap great health benefits in just four weeks, they actually rode the ebikes MORE than the required three times a week for 40 minutes a day. Some of the

previously sedentary participants in the study even rode the electric bikes 50% more than their required time. This speaks to the ease, convenience and fun of riding electric bikes but the health benefits that the participants experienced are just as life-changing.

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Rich Coulcher, Ebike creator

and intra-abdominal adiposity (IAA).” In other words, if you are fighting diabetes, heart disease or your weight, riding an electric bike three times a week for 40 minutes is something that science says will help you or someone you know live healthier.

The benefits of riding electric bikes that the researchers discovered are astounding and included:



1. Lower Body Fat
2. Better Blood Sugar Control
3. Better Aerobic Fitness

Zoé and Rich Coulcher began designing an ebike for their CLarboard.com gadget and [gift shop](#) last year. Their online store carries [cool EDC gadgets](#) and tools to navigate life that they uncover on their travels throughout the world, as well as their trademarked line of Defiance Tools®.

"It's no surprise to me that study participants reported that it was exercise that was fun and bought ebikes for themselves after the study ended," said Mr. Coulcher. "It's just such an easy way to get fit."

"We people that cannot ride a regular bike are finding that ebikes are their answer. People that have been off of bikes for years because of illness or injury are able to get riding again and they are feeling and looking better." said Defiance Tools B2 Folding Ebike co-designer, Zoé Coulcher.

Electric bikes come with various features and generally range in price from \$1000 to \$3000 but consumers will be happy to know that the prices are coming down. The Coulcher's, Defiance Tools B2 Folding Ebike, is under \$1000.

As always, before starting a new health routine, it is advised to check with your doctor. But the health benefits of riding electric bikes cannot and should not be ignored. According to Defiance Tools® B2 Folding Electric Bikes' designer, ebikes are a perfect example of a life hack that does double duty as a transportation and a fitness tool. And the data is truly incredible on the health benefits that are gained from riding electric bikes.



Leave a lighter footprint with the Defiance Tools B2 Folding Ebike

People are always looking for the "Holy Grail" of exercise: something fun, and easy that never gets boring that actually works. The designers of the Defiance Tools B2 Folding Electric Bikes think they have found it and science seems to agree.

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C Larboard, LLC is a worldwide marketer of innovative gifts, cool gadgets and Defiance Tools branded products in the following categories: Transportation Tools, Mobile & Communication Tools, Food & Beverage Tools, Entertainment Tools, Fashion & Fun Tools, and EDC (every day carry) Tools. Many in the C Larboard community are also focused on bringing cool and innovative products to market. In addition to their online store, C Larboard also offers independent consulting & advisory services in all aspects of product development and product sourcing. Find more information at CLarboard.com.

About Defiance Tools:

Defiance Tools is a lifestyle...a mindset. Defiance Tools is a brand inspired by breaking out of the expected norm, thinking and living in your own unique way...an act of defiance. Defiance Tools' products are designed to provide quality, productivity and value to end users and are sold and distributed direct to consumers via e-commerce and are coming to retail store shelves soon. Find more information at DefianceTools.com.

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