

The Positive Health Benefits of Bike Riding

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Outline of talk

1 Normal Text

2 Theorem

3 Discussion

1. Normal Text

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- Item 1
 - Item 1
 - Item 1
 - Item 2
 - Item 2
- Item 2

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2. Theorem

This is a Title

This is a Subtitle

Theorem (The Law of Wind Direction in Bike Riding)

Let B be the set of bike riders in Davis. If wind speed $s_w > 0$, then $\forall b \in B$, $d_b = -d_w$, where d_b is the direction of the rider, and d_w is the direction of the wind.

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3. Discussion

Discussion: Health Benefits of Bike Riding

Riding bikes is good for health when an individual obeys traffic rules and avoids crashes.