



Referenzen OEKOSKOP 1/24

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Fahrrad im Alltag

Wie gesund ist Velofahren?

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Regelmässige körperliche Aktivität bietet einen Schutz vor zahlreichen körperlichen und psychischen Krankheiten. Doch wie häufig und wie viel Bewegung ist dafür nötig? Und welche Rolle spielt das Velo?

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