

The healthier I eat the better I learn

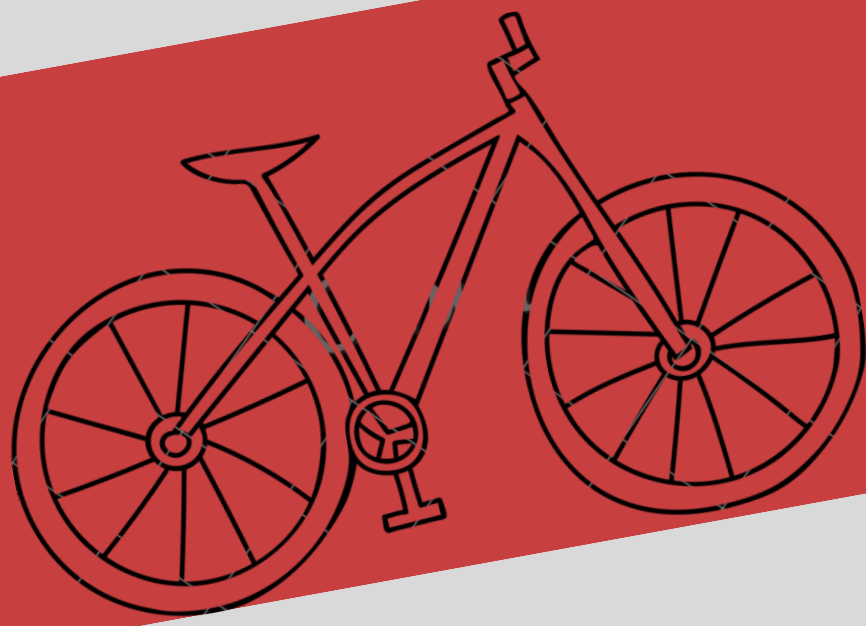
ERASMUS+

VISIT A CYCLING TEAM

LAST WEEK WE WENT TO A LOCAL CYCLING ACADEMY
'AGIOS MNASON' PREMISES AND INTERVIEWED THE CYCLING COACH.

IT WAS A VERY INTERESTING EVENT AND WE WERE ENTHUSIASTIC AS THE COACH ANSWERED
ALL OUR QUESTIONS. HE MENTIONED THAT THE OLDER SOMEONE IS, THE MORE TRAINING
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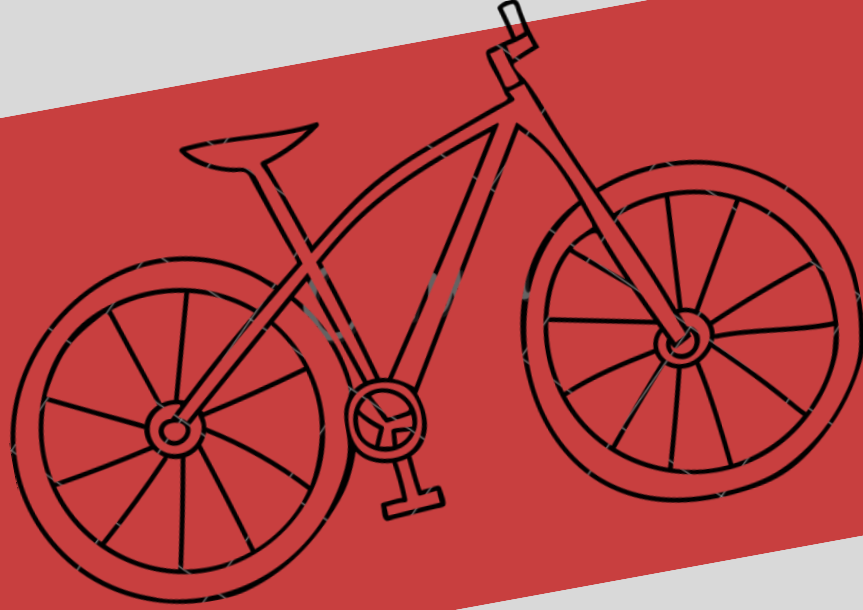


It was a very interesting event and we were enthusiastic as the coach answered all our questions. He mentioned that the older someone is, the more training they need. Cyclists go to bed early and get up early too.



Moreover, their nutrition must be well balanced by eating food rich in vitamins and minerals and drink fresh juices and water. They must not smoke or drink alcoholic drinks.





We also had the chance to cycle ourselves on a wide cycling track. That was exciting. We wore a special cycling uniform and helmet for our safety. Furthermore, as from this February a new legislation is implemented in Cyprus due to numerous serious accidents. Wearing a helmet is mandatory for people over 12 years old.

Furthermore, the coach told us about his experience of the "Tour de France à vélo en juillet".



It was also emphasized that cyclists have to train on a daily basis no matter if it is a holiday or a weekend. They buy their bicycles depending on the category of their chosen training and the age they are.

Those who take it up as a hobby or do it on a professional basis and train regularly they will have a brilliant future. Their first aim to achieve is to take part to the biggest athletic event, the Olympic Games.

Before we left, we were refreshed with fresh juices and water offered by the 'Agios Mnason' Bicycle Academy.