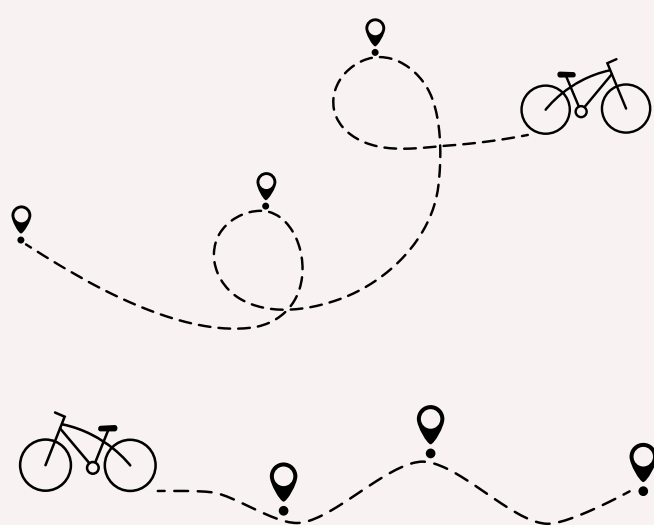


# SAR O BICIKLIJA MENINGJE O SUMNAL

Ano bukja sar so na džangjen!

## 1 TRANSPORTI



O biciklija obezbedingje jek šukar thaj biparengoro transporti bašo milioni manuša ano sumnal. O biciklija tano but pobikuč tano vrdija, thaj na rodna benzini, numa i energija e vozačeskiri. Ola kergje but manuša ko sumnal te šhaj putinen trujal bare destinacije thaj te resen polokheste ko škole, ko ambulante thaj ko lengere bukja, a bi lengoro majangle odova sine pophareste.

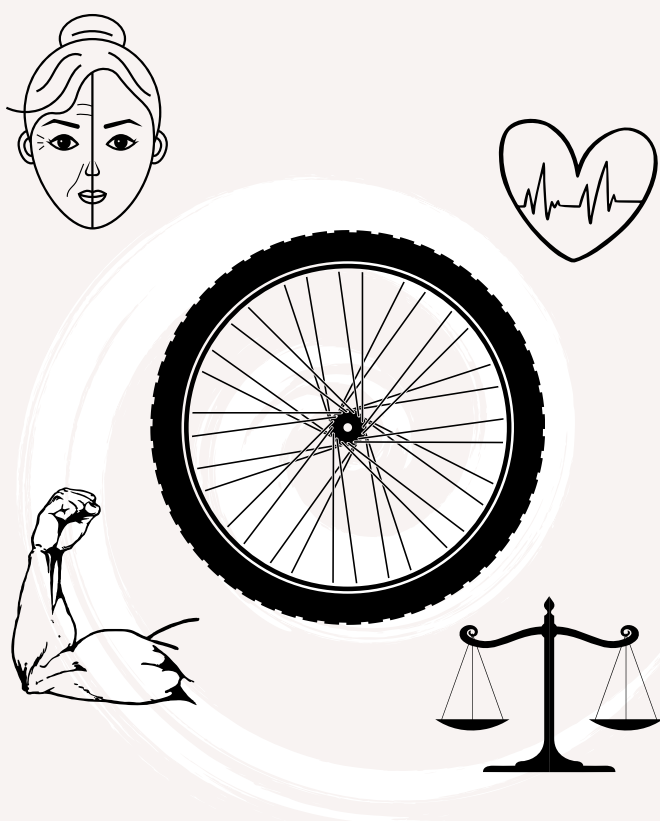
## DŽUVLIKANE NIJAMIJA 2

O biciklija sine len but imporantno uloga ko džuvljane nijamija odoleja so o džuvlja šhaj putuina korkorik thaj ponezavisno. Ano 19 veko, o biciklija sine but importantno ko dvižibe e džuvljengoro, soske ola šhaj sine te putuinen ko pobare distance thaj te len than ko socijalno thaj politikane khediba. O biciklija tane importantno soske dena arka e džuvljenge ko pobuter thana ano sumnal.



## VEŽBIBE THAJ SASTIPE 3

O biciklizmo si but fino buti soske dela e manuše but sastipaskere benefitija, sar so si pošukar kardiovaskularno sastipe, pobaro muskulno zuralipe thaj majlačhi koordinacija thaj balansi. O biciklije dengje šhajdipe sarinengje bizo razlika taro berša te oven aktivno fizikaneste thaj te oven saste.

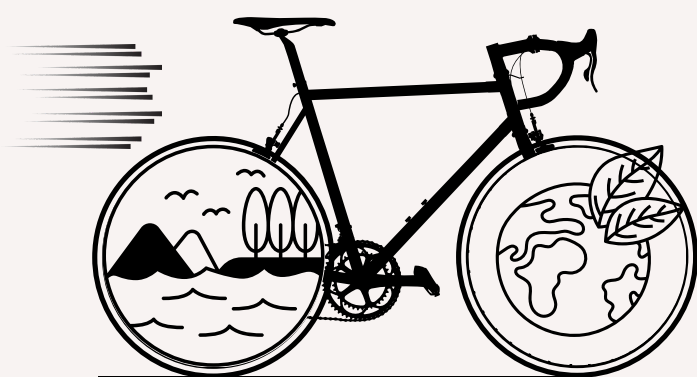


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## OKOLINA

4

O biciklja tane čisto thaj održivo forma putuibaskiri thaj na meljarena em lenge na trebela gorivo. Te biringje o manuša te vozinen len, nameste e vrden, ka tiknaren o zagadibe thaj ka ikeren jek pošuži klima.



5

## EKONOMIJA

O biciklja sine len pozitivno efekti ani i ekonomija odoleja so ovozmožingje bukja ano vastengorobutikeribe, prodadžbe thaj popravke. Ko pobuter thana taro sumnal, o biciklja tane importantna ki transporteskiri infrastruktura, arakhibe buti thaj dejbe buti, keribe dostave, thaj javera servisno rodiba.



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