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## Statistics – FlyteBike

### General

In general, inactivity is common in the United States. People sit during work, people sit when they get home to relax and senior citizens often sit even longer. Even when people are on vacation they are sitting during traveling hours. Being active has seemingly become the second choice to constant lounging.

- The average American sits for 9 hours each day
- For every hour of sitting inactively you lose 20 minutes of life expectancy (Harvard Medical School)
- 160,000 Americans die from Deep Vein Thrombosis (blood clot) every year (Mayo Clinic)
- Pedaling for 10 minutes every few hours can prevent blood clots
- Lack of physical activity can cause type 2 diabetes (Better Health)

### Health Benefits (Better Health)

When looking at the health benefits of pedaling, even for short periods of time, people can regain many of the benefits they have previously lost.

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression
- burn calories

## Flying

Flying is one of the main reasons behind the creation of FlyteBike. Thousands of people die every year from blood clots that are created on long distance flights. Simply pedaling on the flight on and off can keep blood flowing normally and avoid health issues.

- Long periods of immobility increase the risk of leg clots (American Heart Association)
- Dehydration and low cabin pressure are also contributors (American Heart Association)
- Activity is the only way to get blood flowing through the body
- Cabin Fever is a common issue when confined to a small space
- Combat Cabin Fever by moving around every hour or so on flights
- More than 300 million people take long distance flights every year

## Deep Vein Thrombosis

Deep Vein Thrombosis (DVT) is developed by 1 out of 1,000 Americans each year (American Heart Association). Traveling is one of the main contributors to DVT. Any long period of immobility--such as being bedridden from illness, recovering from surgery, or sitting for extended periods while traveling--is a [risk factor](#) for DVT and pulmonary embolism, says the National Heart, Lung, and Blood Institute (NHLBI).

- DVT may be silent with no noticeable signs until it is too late.
- Sudden death happens in 25% of people diagnosed with DVT
- 10-30% die within the first month
- 900,000 people are effected yearly
- 50% of people have long term complications
- 33% will have recurrence within 10 years

FlyteBike was created to bring activity back to the average American. Throughout the research process, there were more benefits to pedaling than previously imagined. The potential health issues from traveling can all be curbed by pedaling on and off for a few hours. Your body benefits in many ways when staying active on a daily basis which is exactly what FlyteBike provides. No longer will work, school or relaxation stand in the way of staying healthy.

## About FlyteBike:

FlyteBike was created in 2016 by Robin B. Palmer. The hope was to combat inactivity and introduce a simple solution for everyone. The team behind FlyteBike combines years of product building experience and manufacturing. FlyteBike is patent pending and trademarked. For more information, visit [www.flytebike.com](http://www.flytebike.com)