



Tour de France

**Well-being, sleep, nutrition... some tips from VELUX
in the lead-up to this great sports event**

More than a sport, cycling is a state of mind. It's a way to get in touch with yourself while opening up to others. Alone, in tandem, or in the midst of the peloton, anyone can enjoy bike riding, as long as you listen to your body and go at your own pace. As an official partner of the Tour de France and Tour de France Femmes with Zwift, VELUX shares the benefits of cycling, giving you valuable advice on how to make this sport your well-being buddy!

Cycling, a path to well-being open to all

Whether you ride competitively or just for fun, cycling is more than just physical exercise: it puts you on the fast track to well-being. In addition to releasing endorphins, pedaling builds focus, stress management and self-esteem. These benefits are yours for the taking on city bike lanes or country paths, on road or off, in a fitness center or even at home... there's something for everyone.

With so many choices, both indoors and outdoors, this sport is a perfect fit for any lifestyle. Even with a busy schedule, you can always find time to pedal on an exercise bike in your own home. To get the most out of your session, be sure your bike is set up in the best environment. A well-ventilated room, bathed in daylight streaming through VELUX roof windows, for example, provides optimal conditions.

Outdoor bike riding has the added benefit of fresh air, sunlight and direct contact with nature – all valuable assets for physical and mental well-being, especially in good weather.

Cycling is an ideal individual sport, but can also be part of a shared experience: by taking part in group outings or following a sign-posted bike trail, you enjoy convivial moments of shared energy and motivation.

To get the most out of cycling, you need to do more than just pedal. You need to adopt a healthy lifestyle by getting enough sleep, eating the right food and listening to your body. These simple everyday actions form the bedrock of a well-balanced and sustainable exercise regime, and promote well-being by reinforcing the positive effects of the sport.

Eat well, pedal better: the right nutrition to boost your bike riding

Whether you want to improve your performance or just fuel up for a fun bike ride, eating well before, during and after your efforts makes all the difference! Below, VELUX reminds you of the basics to be at the top of your game.

Cycling is an endurance sport with specific constraints: continuous and repetitive effort, varying intensity depending on the surface and slope, and the impact of weather conditions, especially wind. To manage your energy effectively, you must take all these factors into account by adjusting your food intake.

Fun fact: cycling is also one of the rare sports during which you can eat. In fact, during the Tour de France, a support vehicle follows the cyclists to provide them with the calories they need to keep pedaling. A professional cyclist needs to ingest up to 8000 kcal a day: that's 3 or 4 times more than the average person.

- **Before your ride**, be careful to prepare your body by providing it with all the necessary nutrients to sustain your energy.

Low-glycemic index carbohydrates (wholemeal bread, pasta, semi-wholemeal grains, etc.), proteins to support muscle mass, good fats, rich in omega-3 (vegetable oil, oily fish, nuts, etc.), to limit inflammation. And fruits and vegetables, sources of vitamins and antioxidants, to help reduce the acidity generated by physical efforts.

Remember to eat at least 3 to 4 hours before your ride, choosing food that is easily digestible and doesn't cause any gastric discomfort.

- **During your ride**, the golden rule is to drink, drink, drink! On average, you lose between 500 and 800 ml of water per hour while cycling. Therefore, it is crucial to drink as soon as you start and then at regular intervals, even before you feel thirsty. For prolonged or very intense efforts, opt for sodium-rich drinks to optimize rehydration and avoid cramps.

If you plan to cycle for over an hour, take some carbohydrates along for the ride.

Gels, sports drinks and dried fruit and nuts are the best snacks. Fun fact: rinsing your mouth out with a sweet drink can sometimes boost your performance!

- **Boost your post-ride recovery** by not waiting to refuel. Ideally, have a snack or meal within 30 to 60 minutes after getting off your bike. At this point, the best food is high-glycemic index carbohydrates to quickly replenish your glycogen stores (fruit juices, dried fruits such as dates or raisins, etc.). And proteins to spur the muscle repair process after the strain of cycling.

To sum up: well-controlled hydration, well-balanced meals, and a few well-timed reflexes are all you need to make every cycling session a success!

Taking care of your health starts at home with VELUX

Taking care of yourself goes beyond regular exercise and well-balanced meals. You also need to listen to your body, respect its needs, find time to relax... and live in an environment that promotes well-being.

Meeting athletes' need for daylight to boost performance and recovery, VELUX designs naturally-lit environments promoting balance and energy before and after training sessions.

Indoor air quality and abundant daylight are important factors for recovery and overall well-being. After you exercise, the environment in which you recover has a definite impact. Fresh air helps your body recover better.

In your home, a few simple actions can make a big difference: opening windows to air out the rooms and let in a maximum of daylight can raise your spirits and boost your health. When you increase the amount of daylight in your home, you also increase your exposure to vitamin D, essential for energy and mood.

Whether you are a professional athlete or Sunday cyclist, daylight regulates your circadian rhythm, improves quality of sleep, stimulates energy and helps physical and mental recovery. Sunlight directly affects your state of mind, immunity system and even cognitive abilities.

To enjoy its benefits to the fullest, optimize the inflow of daylight into your home by installing well-placed windows in each room.

Daylight, however, is not the only factor: fresh air, the right temperature and humidity rate are all just as important for creating a healthy indoor environment. Natural ventilation through roof windows is a simple and effective solution for improving air quality in your home.

VELUX® roof windows are equipped with a built-in natural ventilation system, allowing a constant flow of fresh air even when closed. This worry-free technology is one of the keys to a healthy home environment.

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