Kristin Gavin MS, NSCA-CPT
Mission

_Gearing Up_ is a non-profit organization providing women in transition from drug and alcohol addiction, domestic violence, and/or homelessness with the skills, equipment and guidance to safely ride a bicycle for exercise, transportation, and personal growth.
Who are the women riding with Gearing Up?
Problem: Physical Health

At Interim House:

» The majority of the women smoke
» 25% clients have asthma
» 25% clients have GERD
» 50% clients have hypertension
» 75% clients are obese
Problem: Emotional Health

Addiction

Anxiety  Depression  Social Isolation
Depression and Substance Use

1/3 of individuals with depression also have had a co-existing substance use disorder at some point in their lifetime.

Women who are dependent on alcohol are **four times** more likely than the general population to experience depression.

Problem: Social Isolation

People

Places

Things
Impact: Physical Health
Impact: Emotional Health
Exercise and Depression

Individuals who are physically active are 3 times less likely to suffer from depression than inactive individuals.

Impact: Emotional Health

Exercise ↓ depression and anxiety

Exercise ↑ self-esteem

Impact: Social Support

Exercise is associated with increased feelings of social support and connectedness

So...WHY IS IT VALUABLE FOR WOMEN IN TRANSITION TO RIDE A BICYCLE?
Bicycling is...

...a form of low-impact exercise
Bicycling is...
...a bridge to social connectedness
Bicycling is...

...an activity that women can do with their children.
Bicycling is...

...a form of transportation
Bicycling is...

...both **PRACTICAL** and **THERAPEUTIC**
Riding a bicycle promotes self-sufficiency and independence
Contact Information:

Kristin Gavin
kristin@gearing-up.org
www.gearing-up.org