



FINEST RIDING TECHNOLOGY

R&D EXPERIENCE TEAM - CHRISTINE BERNINGER

1) Hi Christine, it's nice that we can talk to you. Tell us a little bit about yourself.

My name's Christine Berninger. I live in the Frankfurt area. I'm married and a happy mother of 3 great children. I've been a personal trainer and health coach for 24 years. I offer holistic & individual concepts in the areas of exercise, nutrition and stress management.



2) The topic of movement is really appropriate. The bicycle is a classic exercise tool. How did you personally come to the topic of biking?

My home region gave me the opportunity to participate in a lot of MTB races. Later, I also got on a road bike. Owing to the nature of my business, though, I had to pay more and more attention to recharging my



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batteries at the weekend – and in the last few years I was unfortunately no longer able to spend as much time on what’s actually such a great hobby.

3) So the topic of e-bikes is just right for you, isn’t it?

Yes, exactly. As a trainer, I was always geared towards performance – so I wasn’t a fan of e-bikes. Here, I had the attitude that you should always leave things 100% to your own muscle power.

So I was rather sceptical about the whole thing. But then I “got into it” in view of its regenerative aspects – and have been absolutely thrilled ever since.

4) But I think regeneration is no longer the only factor for you or many of your clients, is it?



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No, I recommend e-bikes more and more because diseases of civilisation such as arthrosis are becoming more and more common and cycling – whether muscle or electric powered – can counteract them perfectly. Even people who are overweight and haven't been very active in the past can motivate themselves much better with the additional support – in other words, get back into the swing of things and exercise in nature.

And you can also train for high performance with e-bikes – yet in a gradual way. Especially in the MTB sector, there are more and more very sporty customers on the bike; the inhibition threshold has clearly fallen here.



5) I assume you're a fit person. In what context do you use your e-bikes in your daily business?



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I use my bike for many out-of-home appointments, as I like to budget with my energy – yet stay on the move in the open air. In the city, too, I usually move about faster and more ecologically – while saving money too. Are there really any drawbacks to using an e-bike?



6) Do you still have a leitmotif for us to take away?

I often use the following well-known wisdom in my courses:

“Life’s like riding a bike, you have to keep moving to stay balanced”

That ties the subject of bicycles into my daily work well, don’t you agree?

That’s a good summary. Christine, thank you for the short interview.