

12.02.2024 - Namdalsavisa



VIL BREMSE SYKDOMMEN: – Jeg var aldri i tvil om at det måtte bli et ja da forespørselen kom, sier Hanne Flaate om turen hun legger ut på senere i år. Formålet er å skape oppmerksomhet mot sykdommen hun selv er rammet av. (Foto: Bjørn Tore Ness)

WANTS TO SLOW DOWN THE DISEASE: "I was never in doubt that it had to be a yes when the request came," says Hanne Flaate about the trip she embarks on later this year. The purpose is to draw attention to the disease she herself suffers from. (Photo: Bjørn Tore Ness)



SYKLER I GARASJEN: – Før syntes jeg sykling var helt pyton, sier Hanne Flaata. Nå trener hun opptil åtte økter i uka – og opplever stor helseeffekt. (Foto: Bjørn Tore Ness)

BIKES IN THE GARAGE: "I used to think cycling was a python," says Hanne Flaata. Now she trains up to eight sessions a week – and experiences great health effects. (Photo: Bjørn Tore Ness)



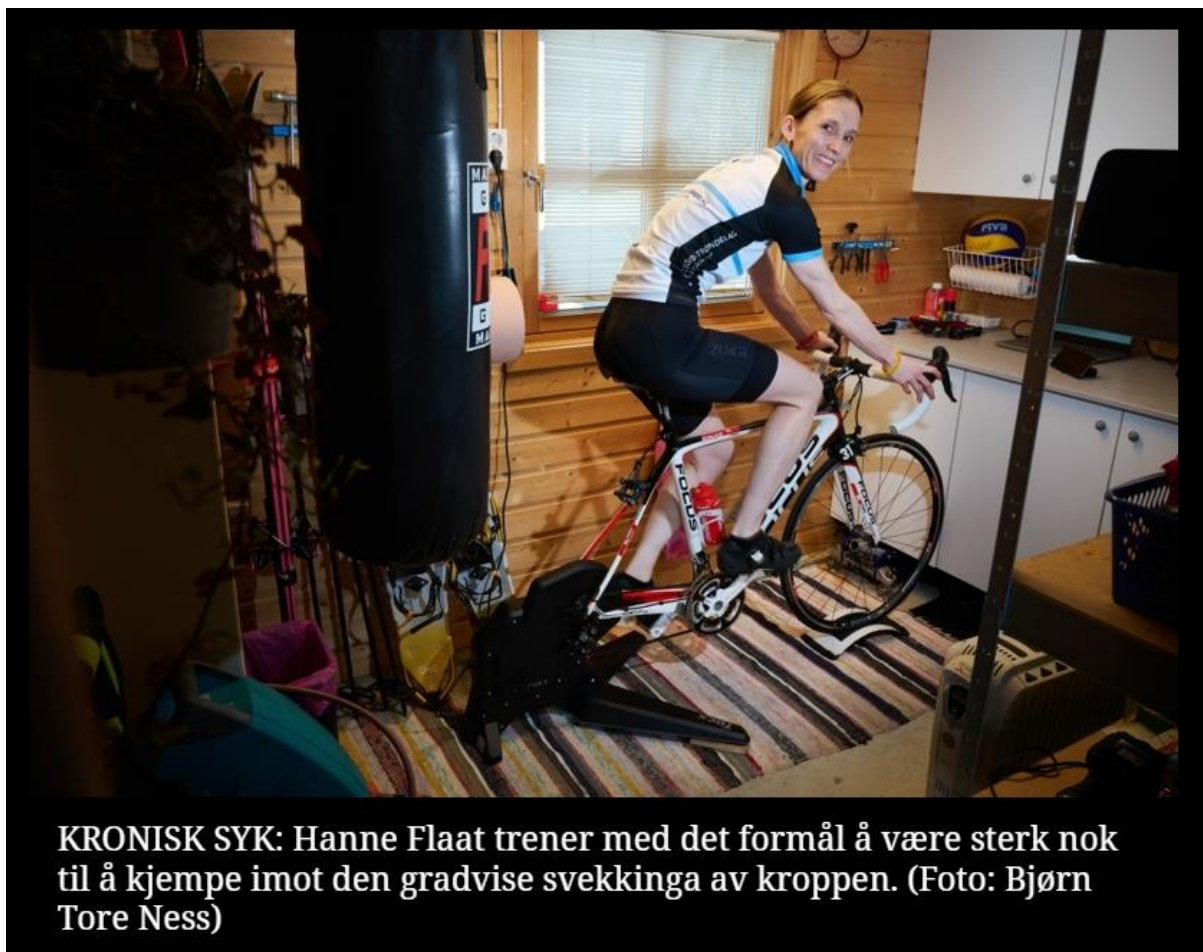
TEAM PARKINSON: Livet ble snudd på hodet for Hanne Flaot da hun ble diagnostisert med Parkinson for fire år siden. (Foto: Bjørn Tore Ness)

TEAM PARKINSON: Life was turned upside down for Hanne Flaot when she was diagnosed with Parkinson's four years ago. (Photo: Bjørn Tore Ness)



GOD EFFEKT: – Treninga bidrar til å løfte meg både fysisk og psykisk, sier Hanne Flaata. (Foto: Bjørn Tore Ness)

GOOD EFFECT: "The training helps lift me both physically and mentally," says Hanne Flaata. (Photo: Bjørn Tore Ness)



KRONISK SYK: Hanne Flaatt trener med det formål å være sterk nok til å kjempe imot den gradvise svekkinga av kroppen. (Foto: Bjørn Tore Ness)

CHRONICALLY ILL: Hanne Flaatt trains with the aim of being strong enough to fight against the gradual weakening of the body. (Photo: Bjørn Tore Ness)