



Pedal your way to health!

Look at these benefits...

Cycling is a low-impact exercise that can be enjoyed by people of all ages. It's an easy way to keep fit and healthy, saves you money, and is good for the environment. So come on, get on your bike!

Whether it's to boost your fitness, health, bank balance, or as an environmental choice, taking up cycling could be one of the best decisions you ever make.

Good for your health: It can help reduce your risk of stroke, heart attack, some cancers, depression, diabetes, and arthritis.

Great for losing weight: Cycling is a good way to lose those unwanted pounds. Someone who weighs 80kg (12st 9lb) will burn more than 650 calories with an hour's riding. Since it helps build muscle, cycling will also boost your metabolic rate long after you've finished your ride.

Reduces stress: Any regular exercise can reduce stress and depression and improve wellbeing and self-esteem. Cycling outdoors is a good way to be at one with nature and can take your mind away from everyday stress.

Convenient and cheap: Cycling helps you save money on public transport costs, fuel costs, and the costs of car insurance and maintenance. You may find it's quicker too by beating the traffic jams!

It's green! The bicycle is the cleanest, most energy efficient mode of road transport. Twenty bicycles can be parked in the same space as one car. It takes around 5% of the materials and energy used to make a car to build a bike, and a bike produces zero pollution.

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