

Cycle to Work Day

This year, Cycle to Work Day takes place on **4th August**. Cycling is a great way to bring exercise into your daily routine, plus it's great for the environment and can even save you money! Whether you're new to cycling or experienced, this awareness day invites you to have a go.

Below are some of the key ways cycling can benefit your physical and mental health:

Cycling
can burn
up to

650
calories
per hour *

It's low-impact
and gentle on
your joints as

70%
of your body
weight rests on
the saddle

Regular cycling can
reduce the risk of serious
illnesses including:

- ✓ Heart disease
- ✓ Type 2 diabetes
- ✓ Stroke

Helps to
reduce
stress
levels

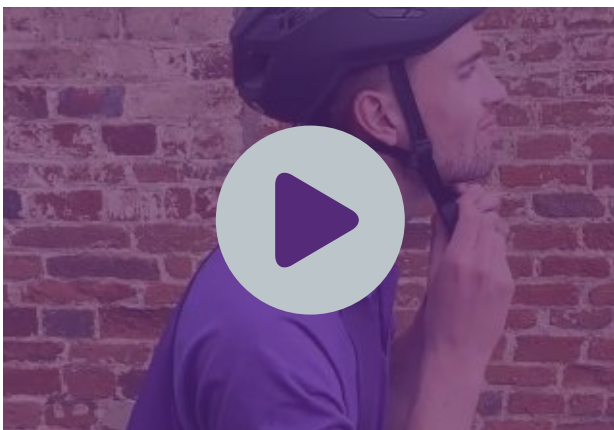
Helps to reduce
symptoms of
depression and
anxiety

Releases
endorphins
to help boost
mood

Helps to keep
your heart
healthy

Sources: www.nhs.uk, www.nhsinform.scot, www.cyclinguk.org. *Based on someone who weighs 80kg/12 stone 9lbs.

Cycling tips for beginners



If you're new to cycling, take a look at our **video** which covers some top tips to help get you started.

Cycle to work schemes

There are different types of schemes that run in UK. Check with your employer to find out if your organisation is enrolled onto a scheme.

Further support

From planning your route to choosing equipment, find further guidance below to help you build confidence and awareness:

- **Sustrans Charity**
- **British Cycling**
- **Cycling UK**
- **British Heart Foundation**