WHY CYCLE?

It’s good for your health! Get active – your way

People exercise for many reasons – but being healthy, your health can be improved by building physical activity into your daily life and your goals. It’s simply about finding a way to make a difference.

Physical activity is one of the most important contributions you can make to your health. It can help you:
- lose weight and maintain a healthy weight
- lower the risk of developing chronic diseases such as diabetes, high blood pressure, heart disease, and osteoporosis
- improve your mood and reduce anxiety and depression
- strengthen your bones and muscles
- increase your energy levels
- sleep better

Physical activity does not have to be strenuous, it can be as simple as walking or cycling. It’s as easy to add physical activity to your day as choosing the stairs instead of the elevator, or parking your car a little further away.

WHY CYCLE?

Cycling is a great way to get active and improve your health and wellbeing.

Cycling is a fun and enjoyable activity that can be done by people of all ages and abilities. It’s a great way to improve your fitness, strength and coordination.

Cycling is also a great way to explore new areas and meet new people. It’s a great way to reduce your carbon footprint, as cycling produces no emissions.

Cycling is a great way to reduce your stress levels, as it helps to improve your mood and reduce anxiety and depression.

Cycling is a great way to save money, as it’s a cheaper alternative to using a car.

Cycling is a great way to enjoy the outdoors and explore new areas.

Cycling is a great way to improve your health and wellbeing.

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