



Pedal your way to good health

Words: Tony Doyle, MBE, Former World Cycling Champion

Rising public transport and fuel costs, the desire to improve health, lose weight and to do a bit for the environment are all reasons why thousands of us are ditching our cars and train journeys, in favour of cycling to work. In London alone, there was a 10% increase in the number of cyclists on the road between April and September 2007, compared with last year and an estimated half a million people are now cycling every day.

The good news is that cycling is not arduous; anyone can do it. It is not challenging sport and it is a fun activity, which offers a great alternative to the

monotony of gym visits. It also has major health benefits – cycling for half an hour three to four times a week can lead to fitness levels of someone 10 years younger and reduce the risks of heart attacks, according to the British Heart Foundation. 190-415 calories can be burned by cycling at a moderate speed of 10 mph in just half an hour, so cycling in conjunction with a healthy diet can speed up weight loss. It is also a cheap and green way of getting around. It uses all the major muscle groups, giving all round fitness.

Tax free cycling schemes to save money

Taking up cycling doesn't have to be expensive. There are many work related bike programmes available including 'On your bike' and 'Cycle to Work,' both of which offer tax incentives so that you can purchase tax free bikes and cycling accessories – you could even ask your boss to set up a corporate scheme.

A team effort

To keep motivated, you could get your work mates or friends involved. There are many group cycling activities and one of the most successful is the London Freewheel Mass Bike ride which is taking place in September. The event will see the streets of London being taken over by huge volumes of cyclists of



**ACTIVITY FUN DAYS
THIS SPRING BANK HOLIDAY**

Sunday 25th May 2008
Mollybush Recreation Ground, Sevenoaks

Bank Holiday Monday 26th May
Colverley Park, Tunbridge Wells

Guaranteed Fun for everyone from 11am to 4pm

For further information contact us on 01959 565555
or go to www.inspiractive.co.uk


