

100th Annual Bike Week



This week, from 5-11 June, is the 100th annual Bike Week, marking a century of celebrating cycling as an enjoyable, healthy and environmentally-friendly way to travel.

Here at GUK we want to encourage and inspire as many of you as possible to opt for biking, instead of driving to work, for your daily commute. Not just this week but every week! **That's why we recently relaunched the Cycle2Work Scheme** in association with Halfords. Cycle2Work is a government initiative which offers the most cost-effective way to get new cycling equipment.

The benefits to you are :

- Save up to 47% on tax-free bikes and accessories
- Instalments are automatically deducted from your salary over 12 or 18 months
- No big end of scheme payments
- Zero tax or National Insurance paid on your new bike
- Cut commuting costs
- Pay nothing upfront

So why cycle?

By staying active, you can protect yourself from serious diseases like obesity, heart disease and arthritis. Cycling also brings a sense of adventure to your daily routine. So hop on your bike, embrace the outdoors and let pedal power contribute to your well-being!

- As well as **cycling promoting the release of endorphins**, doing exercise outside increases these mood lifting effects. Also cycling safely requires focus which can help you develop an awareness of the present moment, taking your mind off the mental chatter of your day.
- Starting your day with a bike ride to work not only **wakes you up and boosts your circulation**, it gives you a sense of accomplishment. This positive mindset is then likely to encourage you to make more healthy and beneficial choices throughout the day.
- Cycling habitually can help **lower your body fat levels, increase your metabolism and build muscle**, which allows you to burn more calories, even while at rest.
- Having to stabilise your body to keep your bike upright **improves overall balance, coordination and even your posture**, so regular cycling can help decrease your risk of falls and injury.
- Riding your bike to work contributes to the **reduction of carbon emissions**, thus promoting a greener future!

