

# 5 REASONS TO CYCLE TO WORK

**More people are commuting by bike than ever before, and for good reason! With improved cycling infrastructure and a wide range of benefits, commuting on two wheels has never been easier.**

**Not convinced? Here are five amazing benefits of commuting by bike.**

## 1 FEEL HEALTHIER

One of the great things about cycling is that as well as getting you from A to B, it's also a form of exercise!

By riding a bike regularly, you're likely to see improvements in your cardiovascular fitness, muscle strength, and even joint mobility.

Studies have also shown that those who commute by bike are at less risk to diseases such as cardiovascular disease!

## 2 SAVE MONEY

You needn't worry about your bank account, either – if you're cycling to work, you don't need to buy things like fuel or train or bus tickets.

But that's not all – buy your bike and any cycling accessories through the Cycle2Work Scheme and you can save up to 42% on everything you need and spread the cost over 12 or 18 months.

Already raring to go?

Head over to [www.cycle2work.info](http://www.cycle2work.info) to get started.

## 3 BE MORE PRODUCTIVE

Surely all that riding before work is going to tire you out for the day, right?

Wrong! Regular exercise and exercise before work can both help you focus and help you stay alert through the day.

Some studies have even shown that those who cycle to work are more productive than those who don't, and have on average one less sick day per year!

## 4 REDUCE STRESS

As well as being fitter, richer, and more productive, riding to work can make you less stressed!

Cardiovascular exercises are great for reducing stress and anxiety levels, and cycling is one of the best cardiovascular exercises available.

Plus, when cycling to work, you don't have to contend with traffic, and it can sometimes even be quicker than driving!

Try our clever **Cyclulator** and see how long a cycle commute would take for you.

With so many amazing benefits, why wouldn't you want to commute by bike? The first time can be daunting, but you'll find all the help you need to get started in our cycling help and advice articles.



cycle<sup>2</sup>work