

PUT FOOT TO PEDAL AND BEAT THE WEATHER

HOW TO PEDAL IN ANY WEATHER

More and more of us are seeing the benefits and rewards of cycling. It keeps you active, fit, you get to see more of your surroundings and it's fun. No doubt plenty of New Years' resolutions this year will include 'Must get on my bike more next year'.

But, how easy is it to keep this commitment to yourself when life gets in the way? The two biggest factors that stop us from getting on our bikes are pretty obvious. The first one is TIME. It's challenging to try to fit in this kind of exercise when you've got a busy work life and a demanding home one. How do you make it all work and not feel like you're letting yourself down?

The second one is the dreaded British WEATHER. With our unpredictable climate, more often than not all your good intentions are met with some complaint when you look out the window to see a wet and windy day.

So, how can you get past these barriers so that you still achieve your fitness goals and get the most out of your bike in the new year? Well, here at Halfords, we've been thinking about this. As an honorary member of your cycling support team, we've got some ideas that will help you get on your bike regardless of the dodgy weather and life's daily time pressures.

Helmets on everyone! We can do this!



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CHOOSING THE RIGHT BIKE FOR YOU

You might already have some wheels sorted and be ready to go. In which case, skip to the next section. If not, choosing a new bike is the best bit! And you want to choose well to give yourself the best chance of sticking to using it regularly.

KEEPING WARM

Even on some of our best Spring days it can still feel a little breezy, never-mind on a crisp day in February. Now, you might be someone who isn't fazed by the cold. Lucky you. But for most of us, stepping out from our cosy living room isn't always the most appealing of ideas. We need a bit of a motivator or at least some added comfort.

Get yourself kitted out with some base layers and thermals. There is some fantastic technology being developed that keeps the extra moisture away from your skin as you build up a sweat later in your ride, but that will also keep you dry and comfortable from the start.

So, opening your front door to chilly temperatures won't feel like such a shock to the system.

SHINE A LIGHT

As the nights draw in and the sun is rising later, the winter months can feel pretty miserable. Much easier to stay in bed, right? Easier maybe, but you'll feel so much better to have squeezed a ride in and got the blood pumping. Bike lights will quickly help lighten the mood – there are front and rear options as well as helmet accessories, all of which will light your way on those dark mornings and also keep you visible. Enjoy the peace of those crisp winter mornings and feel smug that you actually made it out of your bed. Extra brownie points for you.

PLAN AHEAD

It seems pretty obvious, but one of the main reasons that our exercise intentions don't come to fruition is because we've not planned ahead. Making a commitment early on is much more likely to lead to success. So, have a look at the week ahead and plan in your cycling time. Trying to decide on the day probably isn't going to cut it.



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PIMP YOUR RIDE

It's good to have as many incentives as possible to get you on the saddle when there are distractions around that might derail your plan. However, don't forget you can get accessories through Cycle2Work too! From bottles and bike cages so that hydration is within easy reach, to bike bags and baskets so that you're well prepared for your trip. Why not add on some mirrors or a smart helmet? You won't even have to lift an arm to indicate with LED lights doing the job for you. By the time you've finished accessorising you won't need much persuasion to put foot to pedal.

TRACK YOUR ACHIEVEMENTS

One of the best ways to make progress towards your goals is to note your achievements. You're much more likely to keep going out on those damp days if you know you're making headway with your fitness levels.

SECURE YOUR GEAR

Once you've made the decision to get on your bike, the one thing that might be keeping you going is the thought of a coffee from your favourite coffee shop at the end of your ride. Don't rob yourself of a well-earned treat by not being able to lock your bike up at the other end.

BEAT THE TIME CLOCK

Life just seems to get busier and busier. And, sometimes there are simply not enough hours in the day, or evening for that matter, to get out on your bike. But that doesn't have to be a barrier. Taking part in Cycle2Work means you can incorporate exercise into your daily commute – as well as saving at least 32% on a brand-new bike and accessories!

Run out of excuses yet? We hope so because we know how beneficial cycling can be to our health and well-being.

Save money and spread the cost with Cycle2Work. Find out more at www.cycle2work.info



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