

Working Towards Wellbeing

Better By Bike

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How much activity or exercise should I do in a day?

It's healthy to be active and on your feet for most of the day, with frequent rests to ensure you don't get too tired. See the W2W information sheet 'Sit Less Move More'

Use a step counter pedometer to count your daily paces. Aim to increase your steps by 100 and 200 per day towards a goal of [10,000 steps per day](#)

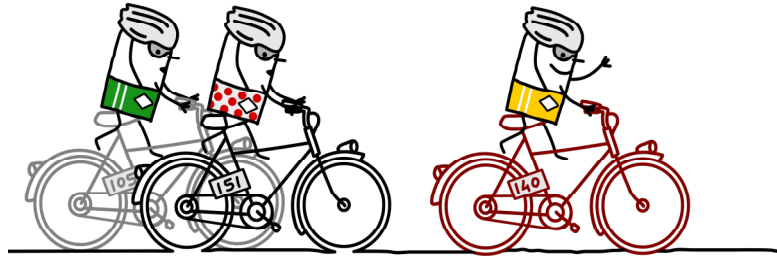
Try to do 30 minutes of activity such as biking or swimming, the gym or an exercise class on 5 days out of 7. You need to do moderate exercise. This means that the activity gets your heart beating faster and makes you slightly out of breath.

Useful links

The Sustrans website has great tips about biking and lots of cycle routes to follow

<http://www.sustrans.org.uk/>

There are great apps and computer programmes monitor your riding distance. Check out map my ride <http://www.mapmyride.com/>



- ◆ Are you thinking about getting more active or starting an exercise programme? Why not get your bike out of the garage or shed, dust it down and go for a ride?
- ◆ Cycling is invigorating and can be enjoyed by people of all ages and from all walks of life. Whether you're cycling to work, to school, to the shops or just for fun, a bike is an easy way to get more active.
- ◆ Regular cycling can reduce the risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.
- ◆ Starting out: If you haven't cycled much before or you're out of the habit of cycling, find yourself a traffic-free area to start off in, such as your local park. Practise riding single-handed so you can make hand signals, and get comfortable looking over both shoulders to improve your visual awareness.
- ◆ Start out gently and build up slowly. Start with 20 to 30 minutes riding somewhere without too many hills. Gradually increase your distance and tie difficulty in terms of hill climbing. Some static bikes at the gym have hill climbing programmes which are good for hill training.
- ◆ To learn to cycle with confidence, see CTC's [cycle training](#) or [Bikeability](#) for information on training schemes, some of which are free.
- ◆ Before you start cycling in traffic, check the [Highway Code](#) for up-to-date rules and regulations for cyclists.
- ◆ About bicycling is a great website that gives you information about which bike to buy, basic maintenance to get your old back roadworthy again and also tips on starting to ride http://bicycling.about.com/od/howtoride/a/getting_started.htm

Cycling safety tips

- ◇ Wear a helmet
- ◇ Be seen and heard a high viz belt or jacket is a good idea
- ◇ Check your bike is in good working order
- ◇ Be alert and plan your route
- ◇ Always follow the Highway Code
- ◇ Get trained for safety on a cycle training scheme