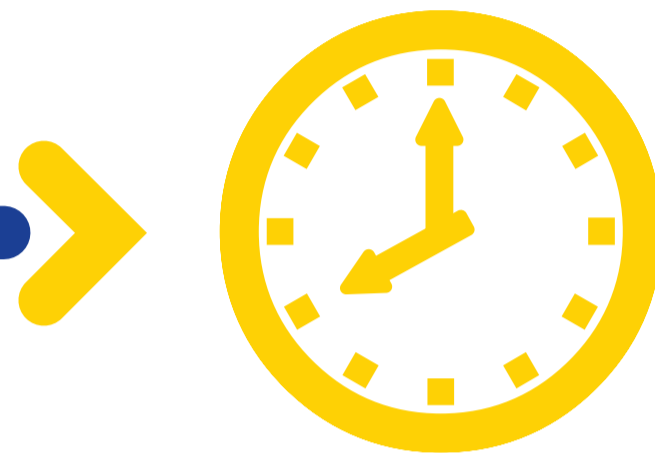


**Cycling for 30 minutes
a day can make you as
fit as someone 10 years
younger.***



**Cycling is a cheap and quick
way of travelling. It can
help prevent heart disease
and high blood pressure.**

Get pedalling, talk to your in-house
Enterprise champion or go to...

anewwaytowork.org

MAYOR OF LONDON

Transport for London



*Source: Company of Cyclists – www.companyofcyclists.com