

Health and Wellbeing Newsletter

12th August 2019

The health benefits of cycling



Cycling has a range of benefits with many of them helping to improve your wellbeing. Keep reading to find out why you should give cycling ago.

Improve your mental wellbeing

Studies have shown that physical exercise can help towards improving your emotional and mental wellbeing. Cycling also gives you time away from work and home to process any thoughts, worries or concerns.



Promotes weight loss

Cycling instead of getting the bus or driving can be a great way to get active and burn calories. This can help aid in weight loss, increasing your fitness and maintaining a healthy physique.



Cycling is low impact

Cycling is less weight bearing than other exercises such as running. This means that cycling can be useful for those that are unable to do strenuous or high impact activities. You can bike as slow or as fast as you like and go as far as you choose.



Reduce your heart disease and cancer risk

Reduce your risk of heart disease and cancer by staying active. Staying active has been shown to be linked to a lower risk of developing a range of diseases. Cycling is one of many activities that you can easily fit into your lifestyle. Try cycling to work, to meet friends or to the shop and instantly increase how much physical activity you do a week.



Save time and money

Cycling to destinations instead of using your car or public transport will save you time and money. You will be surprised by how much shorter your commute will be, plus cycling means free parking wherever you go.



Socialise and make new friends

Join a cycling group. [Cycling UK](#) has hundreds of Groups across the UK offering thousands of rides and events for all abilities. Or you can head out with your family and friends for a leisurely ride.



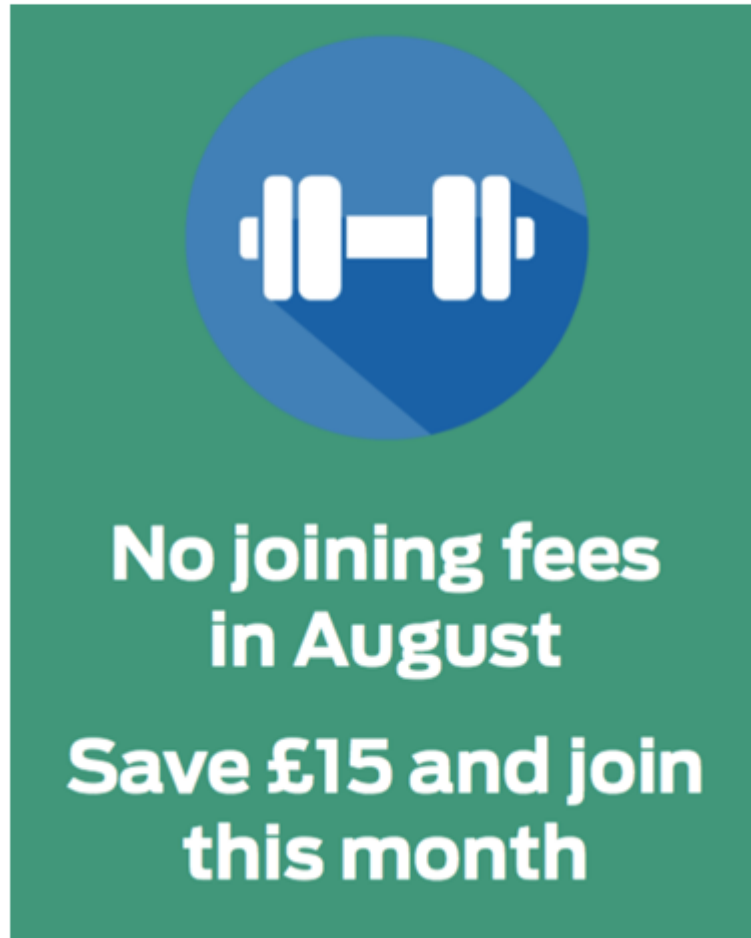
Events, courses and campaigns

Cycle September



We will also be taking part in Cycle September - a fun competition to see which organisations can get the most staff to try cycling. Register for the [Love to Ride cycle scheme](#) and search for 'Cambridge University Hospitals' to join the team.

Frank Lee offer: No joining fee



Meditation drop-in sessions



Come and enjoy the benefits of Mindfulness of breathing Meditation or heart-warming Loving Kindness Meditation within the buzz of working life! Sessions are held every Monday at lunch times (12:15pm-12:45pm) and Thursday mornings (07:15am-07:45am) in Rosie seminar room 5 and are guided by Suryamani Layton.