



**LOVE  
YOUR  
BIKE  
.ORG**

# Love Your Bike. Love Your Body.

Cyclists typically enjoy the level of fitness of someone ten years their junior.

Find out more.

For offers and information about cycling go to [www.loveyourbike.org](http://www.loveyourbike.org)



# Have you cycled to work yet?

What would make your cycle journey  
to work more enjoyable?

Not yet? What would convince you to  
give it a try?

Tell us at [www.loveyourbike.org](http://www.loveyourbike.org)

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# **Burn calories, save cash, get there on time.**

## **Burn calories**

**Stay healthy, burn over 300 calories an hour.**

## **Save cash**

**Save on fuel costs and park for free.**

## **Get there on time**

**Avoid congestion, get there faster.**

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# Love Your Bike. Love Your Wallet.

Cyclists enjoy zero fuel costs and free parking.

Find out more.

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