

Every employee and contractor, working for Northern Powergrid, should go home at the end of each shift uninjured and in good health after a productive days work

## Regular Cycling Has Health Benefits

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.

For health benefits, adults and older adults should do at least 2 hours and 30 minutes (150 minutes) of moderate-intensity activity each week.

Children and young people should do at least an hour (60 minutes) of moderate to vigorous intensity activity every day. A 30-minute ride will count towards your recommended weekly activity target.

Cycling is a truly invigorating and liberating experience, 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, the humble bicycle is an easy way to get more active.



**NHS** choices Your health, your choices

### Before you start

For short journeys, any good working bike will do. You might have an old 10-speed racer, a shopping bike or a bargain mountain bike that you could use.

- ⇒ If you're buying a second-hand bike or you have an old bike that's been gathering dust, consider having it serviced at a bike shop to ensure it's roadworthy.
- ⇒ If you're buying a new bike, there are lots of models to choose from. Hybrids, road bikes and mountain bikes are most popular.
- ⇒ A bike shop can advise you on the correct frame size and help you select a bike to suit your budget and the type of cycling you want to do.
- ⇒ There are many bikes available for people with disabilities. The two main providers of specialist bikes are [Wheels for All](#) and [CTC](#).
- ⇒ Cycling is a safe and effective form of exercise. If you have any health concerns or an existing medical problem, see your GP before you start.

### Cycling safely

- ⇒ wear a helmet
- ⇒ be seen and heard
- ⇒ check your bike
- ⇒ be alert and plan your route
- ⇒ always follow the [Highway Code](#)



- ⇒ 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.
- ⇒ To learn to cycle with confidence, see CTC's cycle training or [Bikeability](#) for information on training schemes, some of which are free.

### DRIVERS

Always give cyclist plenty of room

## Some help choosing the type of bike for your needs?

**Road Bike** - Designed to be ridden fast on smooth surfaces. Generally lighter than other bikes and not suitable for carrying loads



**Mountain Bike** - designed for rough riding off-road trails. Low gears for steep inclines. Most have some type of suspension or shock absorbers.



**Hybrid Bikes** - Ideal for paved or unpaved bike tracks but can be ridden on roads. Conceived to combine the properties of both road bikes and mountain bikes



[More info on bike types](#)