



we are
cycling
UK

**Join a FREE 12 week course to help
you to improve your health and fitness**

Community cycling for adults of any age
with a long-term health condition



A project
led by

**West
Yorkshire**
Combined
Authority

What is a Cycle for Health course?

It is a 12-week package of support to develop bike riding skills, confidence and fitness through cycle training and led bike rides.

Cycle for Health is designed specifically for adults with poor mental or physical health.

It is run as a two hour session once a week for 12 weeks. Group size is maximum 12 people and we provide bikes and helmets.

Experienced cycle instructors and ride leaders accommodate health issues and participants progress at a pace that suits the group.

Who can take part?

Cycle for Health is for people:

- With poor mental or physical health
- Not doing regular exercise
- 18 years or older
- Who can ride a bike for a short distance - even if that hasn't been for many years



Why cycle?

Cycling is amazing. It's life changing and Cycling UK believes everyone has the right to cycle and be given the skills to ride with confidence.

Cycle for Health was created in West Yorkshire as part of the West Yorkshire Combined Authority's CityConnect programme.

Courses provide a route into regular physical activity, building fitness and self-esteem.

"The instructors were very supportive and after a few sessions I was confident enough to ride on the cycle greenway. Riding has given me a real sense of achievement and increased my belief in my own abilities. I have also made new friends."

Tony, Participant, Cycle for Health Leeds

Courses are taking place this summer and autumn at venues across West Yorkshire.

Meet like-minded people in a positive, welcoming environment to enjoy a new activity and discover cycling routes in your local area.

Contact the project team at Cycling UK for more information

T 01483 904562

E cycleforhealth@cyclinguk.org