

GET MOVING!



What's available?

Cycle to Work Day



The UK's biggest cycling commuting event returns on 1st August 2024!

There are so many different benefits that are associated with cycling to work, not only to your health but for the environment as well.

Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all, this is just about giving it a go.



Scan or search 'Cycle to Work Day'

British Cycling - Let's Ride



Get involved with British Cycling's Community Groups. Meet and ride with like-minded people, share experiences together and make lasting friendships.

British Cycling – Let's Ride is a database of rides, routes and groups so that people can search to find their nearest one.

Scan to find local cycling groups near you!



Scan or search 'Lets Ride Community Groups'

Active Notts Move More



If you're looking to move more and be active in a way that works for you, Move More offer some support and inspiration.

Whether you're looking to get started, or for something new to try, you can find local opportunities, a directory of inclusive spaces, links to a range of resources and more.



Scan or search 'Making Our Move'

The Rushcliffe Big Green Book



The Rushcliffe Big Green Book is directory of nature-based activities and opportunities around Rushcliffe.

Use the tool to find local walking groups, nature societies, allotments and much more.

Each entry has information on facilities, transport and contact details. The information is split into North, Central and South Rushcliffe allowing you to find activities local to you!



Scan or visit rushcliffehealth.org/green-book

For more info visit rushcliffehealth.org/phm

Next months topic... **CARDIOVASCULAR RISK**