

Encouraging Cycling



Why should we encourage people to cycle to work?

Staff and employees who regularly cycle to work will normally be fitter and healthier than those that travel by private motor vehicle.

A healthier employee normally means:

- They may be more productive
- They may be absent from work less often with health issues.

As an employer, there are also added benefits from encouraging your workforce to cycle to work:

- Frees-up space used for car parking, allowing expansion on existing sites
- Healthy staff provided with good facilities reduces staff turnover and consequential recruitment and training costs
- Facilities are beneficial to all employees, including lunchtime joggers or anyone carrying out physical activities
- Improves your corporate image.

