

**Why should we encourage people to cycle to work?**

Staff and employees that 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.



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