

FUN FIT BIKE

Looking to boost the health and wellbeing
and of the people in your world?



If you're looking to help improve the health and wellbeing of your colleagues, customers and communities - or to engage with them on other topics - there's no better way than Fun and Fit Bike. Everyone loves the enjoyment of a safe, exercising cycle ride and making a pedal-powered fresh fruit juice, smoothie or shake - made in under a minute...



FUN FIT BIKE

The unique and fun way to improve your stakeholders' awareness of the importance of health and wellbeing.

Today, more than ever, organisations like yours are taking a greater role in improving the health and wellbeing of their stakeholders - from colleagues to customers to communities.

Fun and Fit Bike is the perfect choice to help with this. Through a series of fun learning activities - developed using NHS and WHO data and recommendations - stakeholder awareness of the importance of health and wellbeing is improved and pathways to personal improvement are provided.

The learning activities can be light-touch or in-depth and customised to achieve your organisation's specific objectives - including methods for measuring success. Delivery of the experience is at your office (or off-site) as well as at events, exhibitions, roadshows, fundraisers, team-builders, and can be fully branded in your house style. It can also be used as an engagement tool for CSR, PR and sales promotions.

Our two most popular activity programmes are:

Easy Rider Experience

This is our light-touch activity programme where your stakeholders enjoy a safe, exercising cycle ride and use their pedal power to make a delicious fresh fruit juice, smoothie, or shake - in under a minute! Just rock-up and enjoy is the format, enabling stakeholders to feel engaged with, and receptive to, the health and wellbeing theme.

Optional add-ons such as complimentary fruit and fruit salads, questionnaire surveys, and health and wellbeing information booklets (containing practical advice and signposting for making health improvements) can be added to enhance the experience

Health Yourself Experience

This is a more structured activity programme - delivered in a seated setting - where stakeholders are enlightened on the principles of health and wellbeing and given the opportunity to assess their own personal status using recognised NHS indicators such Body Mass Index (BMI), Blood Pressure (BP), Hydration, Weight and Waist, before creating a plan to achieve the improvements they wish to make.

A synopsis of the experience, together with the optional additional activities, can be viewed [here](#).



All our hosted experiences include:

Fun and Fit Bike(s) - for all ages from 7+

Event host(s) to deliver your experience

Chilled and prepped fresh fruits and ingredients to make juices, smoothies, shakes and even mocktails - including drinks menus to reflect your organisation.

Display stand and preparation counter

Biodegradable cups, lids, straws, napkins

Additional optional activities, including structured health and wellbeing sessions, virtual reality cycle rides, Tour De France performance trials and renewable energy learning.

Option for full branding.

Full health, safety, and food hygiene.

The Fun and Fit Bike is designed and manufactured in the UK to the highest standards of comfort and safety.

For availability, bookings and further information, please contact us below.

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