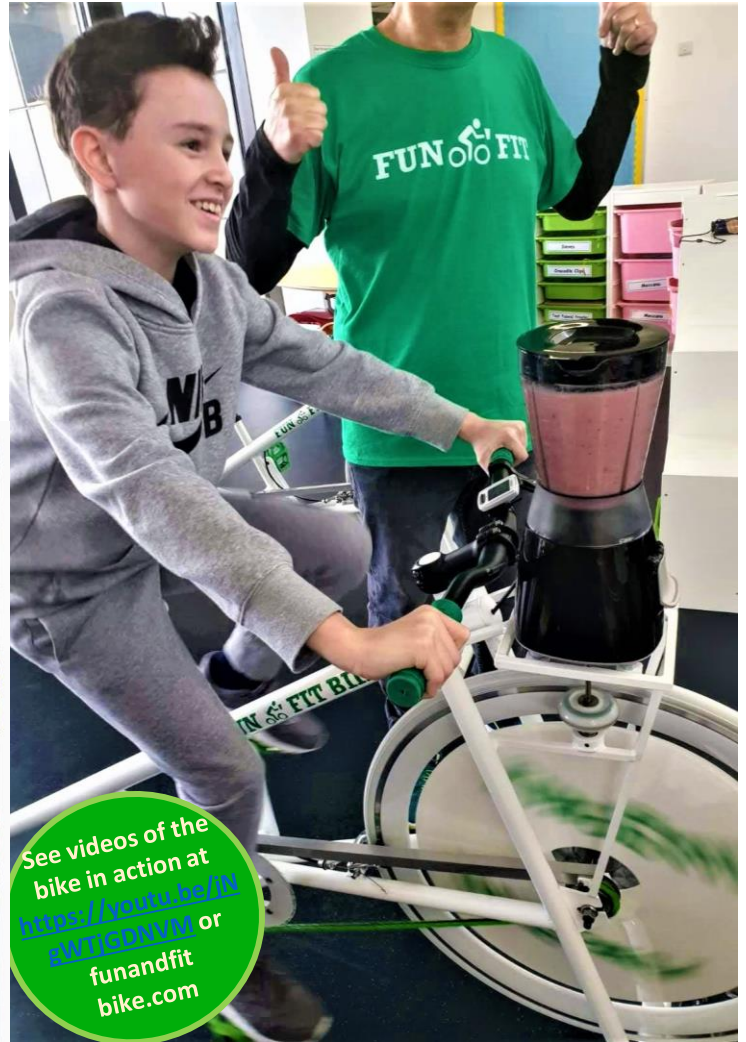


# FUN FIT BIKE

Are you looking for a great way to promote health and wellbeing to your learners?



See videos of the bike in action at <https://youtu.be/INrWTIGDNVM> or [funandfitbike.com](mailto:funandfitbike.com)

Learners of all ages love having a fun cycle and using pedal-power to make healthy drinks, measure their speed and fitness, create illuminated light box messages, power mini wind turbines or enjoy a virtual reality ride on one of the world's best cycle routes. It is a great way to impart key messages.



# FUN FIT BIKE

A unique, fun activity to measurably improve health and wellbeing awareness and attitude with learners of all ages.

We all know that a fun activity is great way to impart knowledge, influence attitude, and improve learning.

And there's no better way to enable this than Fun and Fit Bike.

It can be used alongside your school curriculum and events to deliver a range health and wellbeing impacts and outcomes as well as STEM, climate, literacy, numeracy and resilience. Use it for fairs, fetes and fun days too.

The Fun and Fit Bike experience has a host of learning activities that can be delivered in a light-touch or structured way to achieve your objectives. Most notably, it provides an enjoyable, safe, exercising cycle ride and delicious pedal-powered fresh fruit juice smoothie or shake in under two minutes. Learners of all ages love it - as do teachers and parents!

We can deliver a fully hosted, all-inclusive, experience to achieve your objectives or provide you with everything you need to deliver the experience yourself - including training. You can also purchase the bike experience programme outright.

Pricing options are shown on the following page and all include:

- **A familiarisation or induction session, user-friendly ops guide, telephone support, and bike experience set up**
- **Prepped and chilled fresh fruit and ingredients, including strawberries, bananas, watermelon, pineapple, honey, milk and fruit juice, supplied in electric-powered chiller boxes together with recipes and menus\***
- **Biodegradable drinks ware: cups, lids, straws, napkins\***
- **For DIY hire, delivery charges are for Central Scotland - POA for other locations or collect free from our Glasgow base**
- **Our equipment and practices are fully compliant with health, safety, food hygiene regulations**
- **Fun and Fit Bike is manufactured in the UK to the highest standards of comfort and safety**
- **We recommend you have insurance in place (value of £5000) for any accidental damage to the rented equipment, or alternatively you can purchase our daily policy for £25**

\* additional cost as shown



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