

FUN FIT BIKE

Additional Fun and Fit Bike activities to increase guest enjoyment

As well as a fun cycle ride and rewarding fresh-fruit smoothie, shake, or juice, your guests can enjoy the activities shown below.

These are delivered by our event hosts and are based on World Health Organisation and NHS data, guidance, and information.

Speed, distance, and time tests (individual or team)

This activity enables the audience to test their performance in speed, distance, and time using the Fun and Fit Bike (via the wireless speedometer and odometer).

It brings a fun, competitive element to the experience and can be undertaken individually or in teams (making it particularly good for team building exercises) with score-board display, certificate presentation and medal ceremony options to enhance the fun.

NB. in education settings, this activity can also deliver literacy and numeracy learning outcomes.

Calorie burn test

This activity enables the audience to test their calorie-burn using the Fun and Fit Bike (via the wireless speedometer and odometer).

The calorie burn figure can then be used to calculate the calorie burn over faster or longer cycle periods to illustrate the benefits of both cycling and exercise generally.

NB. in education settings, this activity can also deliver literacy and numeracy learning outcomes.

Team Freestyle

This activity puts users into teams to design their own signature smoothie, shake, or juice.

Each team selects a team name (associated with their organisation/sector) and works together to choose the ingredients, the drink name, blend the drink (in a team pursuit cycle), and participate in a blind tasting survey with other teams to decide who has created the best drink.

Prizes can be awarded to the winning team.

A great exercise for strengthening teamwork and team building skills.