

**GET  
MOVING!**

**AUGUST**

**TARGET AREA:  
PHYSICAL  
ACTIVITY**



## What's available?

### Cycle to Work Day

The UK's biggest cycling commuting event returns on 3rd August 2023!

There are so many different benefits that are associated with cycling to work, not only to your health but for the environment as well.

Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all, this is just about giving it a go.



Scan or search  
'Cycle to Work  
Day'

### British Cycling - Let's Ride

Get involved with British Cycling's Community Groups. Meet and ride with like-minded people, share experiences together and make lasting friendships.

British Cycling – Let's Ride is a database of rides, routes and groups so that people can search to find their nearest one.

Scan to find local cycling groups near you!

**BRITISH  
CYCLING**



Scan or search 'Lets  
Ride Community  
Groups'

### Active Notts Move More

If you're looking to move more and be active in a way that works for you, Move More offer some support and inspiration.

Whether you're looking to get started, or for something new to try, you can find local opportunities, a directory of inclusive spaces, links to a range of resources and more.



Scan or search  
'Making Our  
Move'

### The Rushcliffe Big Green Book

The Rushcliffe Big Green Book is directory of nature-based activities and opportunities around Rushcliffe.

Use the tool to find local walking groups, nature societies, allotments and much more.

Each entry has information on facilities, transport and contact details. The information is split into North, Central and South Rushcliffe allowing you to find activities local to you!



Scan or visit  
[rushcliffehealth.org/  
green-book](https://rushcliffehealth.org/green-book)

For more info visit [rushcliffehealth.org/phm](https://rushcliffehealth.org/phm)

**Next months topic... CARDIOVASCULAR RISK**

