



Get on Your Bike!: Stay safe, get fit and be happy cycling

Rebecca Charlton, Robert Hicks, Hannah Reynolds

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This book isn't like other cycling books. It's not designed to help you shave seconds off your time trial, help you corner like a pro, or eat like an Olympic athlete. It's not trying to get you into racing, nor make you the next Tour de France rider

What it will do is show you how to choose the right bike, what to wear, how to cycle safely so that you will feel confident making cycling part of your everyday life and how to keep your bike going. But as well as this, you will learn how to use the bike as a fitness and wellness tool – to make you slimmer, fitter, healthier and altogether happier. You'll feel better about yourself and have more energy throughout the day, increase your productivity, happiness and reduce stress.

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