

15 June 2010

**Communications Department**  
Tel: 01225 82 5849/5799/6230/1299

communication@ruh.nhs.uk  
www.ruh.nhs.uk

## Media Release

### Big Bike Day at the RUH

**RUH staff are getting fitter, helping the environment and finding out how they can save money at their 'Big Bike Day' on 23 June - as part of Team Green Britain Bike Week (19-27 June) - a national celebration of cycling.**

Staff will promote the benefits of cycling to work and celebrate the new cycle facilities now available on the hospital site. These include new covered cycle stores, a secure cycle compound and improved showering and changing facilities.

During 'Big Bike Day' staff will cycle to work together, meeting at various destinations outside the city, after which they'll be rewarded with a free breakfast in the Lansdown restaurant. Cycling enthusiasts can also check out a range of the latest new bikes, including electric assisted and folding bikes and find out about the benefits of joining the national Cyclescheme.

Dr Colin Payton, RUH Consultant Occupational Physician, says: "We're encouraging lots of staff to get into cycling, which is a great form of exercise and a good way to get fit as well as being a very green form of transport.

"The Occupational Health team will give general health advice and provide a number of lifestyle tests, including weight, body mass index, blood pressure and cholesterol testing. During the day staff can measure their cardiovascular fitness levels by taking a Chester step test, or participate in a mini-spinathon - we're attempting to keep four spinning bikes going for two hours. We'll be encouraging more staff to join the national Cyclescheme - 200 staff have joined so far - and make a substantial saving on a new bike.

"We hope the event will motivate more staff to take up cycling and to think about their own health and fitness - perhaps the chance to win a Coke Zero bike, kindly donated by Coca-Cola - will be an added incentive."

The event, which will be held at Oasis, the staff health and fitness centre at the RUH, from 10am to 2pm with most of the activities happening over lunchtime. The spinning bikes were kindly loaned by Aqua Terra leisure and a lunchtime raffle will be in aid of the NICU 'Space to Grow' campaign.

**Ends**

For more information visit [www.bikeweek.org.uk](http://www.bikeweek.org.uk)