

# Cycle For Life



## Easy on your pocket too!

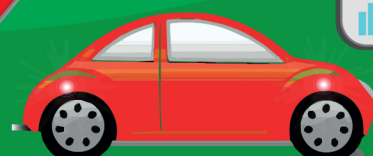
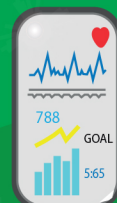
- For every €100 million invested in cycling in Ireland, a staggering return of €400 million could be obtained.
- The Cycle to Work Scheme is a tax incentive scheme which aims to encourage employees to cycle to and from work. Under the scheme employers can pay for bicycles and for their employees pay back through a salary sacrifice arrangement of up to 12 mths.

## Why Cycle?

- Cycling can help to protect you from serious diseases such as 'Stroke', 'Heart Disease', 'Depression' and 'Obesity'.
- Riding a bike is healthy, fun and is a low form of impact exercise for all ages.
- Cycling is easy to fit into your daily routine by riding to the shops, park, school or work.

## Have fun with Apps

- Listen to music, stream, and use GPS recording to track your route.
- Track all your activity, monitor your heart-rate, set goals.
- Track how many calories you've burned.
- Pair with other devices and take calls and texts.



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