



Biketober

BUSINESS CHALLENGE

brought to you by *Get Healthy at Work*

1 - 31 October 2020

A fun, free competition to encourage more people to enjoy riding a bike!

Who?

Anyone who lives or works in NSW. It doesn't matter if you haven't been on a bike for years. You only need to ride for 10 minutes for a chance to win a prize.

Where?

Anywhere. You can ride anytime you like during October to add to your workplace's points tally. There will be tips and guidance to help people ride safely and maintain a social distance.

How?

- Encourage your staff to take part and ride
- Register your rides on the website or via Strava.
- Each ride adds to your organisation's total score.
- Everyone who registers a ride or encourages others goes in in the draw for great prizes.

What's in it for your workplace?



A free team building program that supports the health and wellbeing of your workers



Increase physical activity and improve mental health



Healthier & happier workers = fewer sick days & increased productivity



An entirely virtual program, whether staff are working from home or the office, full time, part time or casually.

Find out more at lovetoride.net/nsw



LOVE TO RIDE