



Biketober BUSINESS CHALLENGE

brought to you by *Get Healthy at Work*

1-31 October 2019

Rally your workmates and create a healthier more productive workplace!

What?

The Biketober Business Challenge is a fun, friendly challenge to encourage more people to experience the benefits of cycling. Sign up your organisation, get staff involved and win prizes!

Where?

Staff can ride, anywhere, anytime during the month of October.

How?

- Encourage everyone to take part, it's free!
- Log your rides on the website or via Strava
- Watch your organisation climb the leaderboard
- Win prizes along the way!

What's in it for your workplace?



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



Get more staff riding and increase their physical activity



Healthy workers are happier, more aware and alert and take fewer sick days



Demonstrate your organisation's commitment to sustainability

Learn more and register today at lovetoride.net/nsw