





Do You

- **Need to get active?**
- **Want to lose weight?**
- **Have Asthma, Diabetes or Heart Disease?**

Cycling can help

-  Meet the recommended guidelines of doing 150 minutes of moderate activity per week.
(Moderate means getting slightly out of breath)
-  By being physically active, you can reduce the risk of breast, bowel and womb cancer.
-  Reduce the risk of heart and circulatory disease by as much as 46% and risk of early death by as much as 41% according to a University of Glasgow study.
-  Add an hour to our lives for every hour spent cycling according to University of Cambridge Professor Sir David Spiegelhalter.

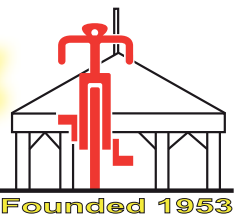
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[More details on www.mildenhallcc.org.uk](http://www.mildenhallcc.org.uk)



Mildenhall Cycling Club can help ...



- **Gentle Social Rides** every Thursday at 10.30am
Mainly Off Road usually starting from Brandon Country Park.
- **More Energetic Rides** every Thursday at 10am
Off Road usually starting from Brandon Country Park.
- **Come & Try It Social Road Rides** on the first Saturday of the month, 10am from Mildenhall CC over a distance and pace to suit those that attend with a tea stop.
- **Clubnights** in our clubroom. Come and seek advice over a cuppa, use the training equipment.
- **Bike Loans** allows you to try it without buying a bike.
- **Tandem Initiative** for those with a visual impairment or interested in trying Tandem riding with a sighted partner.

Get in touch and share the pleasure of cycling!

In Person: Every Monday (except bank-Holidays) from 8pm at our Clubroom, Wamil Way, Mildenhall

Tel: 01638 715986

Email: info@mildenhallcc.org.uk

Please remember that this publication provides general guidelines only. Individuals should always discuss their condition with a healthcare professional.