

Active Travel

July News

Can Cycling Help You Lose Weight?

Cycling is a highly effective and enjoyable way to lose weight and improve overall well-being. When you ride, your body taps into stored fat and carbohydrates for fuel. And even after your ride ends, your body keeps burning calories thanks to a phenomenon called EPOC (Excess Post-exercise Oxygen Consumption).

Plus, it's a great muscle builder. As your legs work hard, you're not just burning calories—you're building lean muscle mass that helps torch fat even when you're off the bike.

Cycling isn't just about the ride—it's about the long-term metabolic benefits that help reshape your body.

Five Cycling Tips for Weight Loss

1. Increase the Intensity

To boost weight loss while cycling, add High-Intensity Interval Training (HIIT). Alternate short sprints (30–60 seconds) with easy recovery periods. This increases calorie burn and keeps your metabolism elevated for up to 36 hours after your ride.

2. Don't Crash Diet—Fuel Right

Losing weight through cycling is not about cutting calories or drastically reducing your food intake. Focus on a balanced diet rich in whole foods—think lean proteins, complex carbs, and healthy fats. The goal is to energize your rides and keep your metabolism running efficiently.

3. Build a Realistic Cycling Routine

Consistency is key. Try to ride 3–5 times per week, even if it's just a short commute or a casual spin around the neighbourhood. Use fitness apps like Strava to track your progress and stay motivated.

4. Stay Safe and Protected

Safety always comes first. Make sure to:

- Wear a properly fitted helmet
- Choose a bike that suits your size and needs
- Maintain your bike regularly
- Use lights and reflective gear when needed



Comfort and confidence on the road make all the difference.

5. Be Patient—Results Take Time

Healthy weight loss is a marathon, not a sprint. Aim to lose around 0.5 to 1 kg per week. Listen to your body, rest when needed, and celebrate progress—no matter how small. Every ride gets you closer to your goal.

Get Started Today!

Cycling is a fun, effective, and low-impact way to get fit. With consistency, a balanced diet, and a focus on safety, you'll be well on your way to a healthier lifestyle.

So—grab your helmet, hop on your bike, and enjoy the ride to a better you!

Email: nnicb-nn.atccnottinghamcity@nhs.net

Tel: 07551834943

What's New on Travel Well

Free Walking group at Colwick Park

Just a quick update—The Travel Well walking group, led by Runspire in the St Ann's area, has now moved from Victoria Leisure Centre to Colwick Park as of 26th June 2025!

It's a beautiful spot with great paths and lovely scenery, and we think it'll be a refreshing change of pace. Same friendly faces, just a new location!

New Meeting Point: The Horse Roundabout. Racecourse Road

- Nordic walking: Tuesdays at 11am
- Wellness Walk: Thursday at 1pm



Free Walking Free Cycling at Harvey Hadden

Want to Walk or Cycle More? Join Our Free Walking & Cycling Group!
Get active, have fun, and meet new people in your community.

FREE WALKING

- No need to register — just turn up!
- All fitness levels are welcome!



RELAXING TRAFFIC FREE CYCLING

INCLUSIVE BIKES

No Bike - No Problem
We can lend you a bike!

ALL FITNESS LEVELS ARE WELCOME

Harvey Hadden Bike Track
Starting Monday 7th
11am - 12pm

Meet at Harvey Cafe

Book through Link worker or online
<https://bookwhen.com/ridewise>

Travel Well Inclusive Led Ride Sessions
@ Harvey Hadden



Monday
11 am - 12pm

Start from 7th July

Meeting Point:

The Café
at Harvey Hadden

Email: nnicb-nn.atccnottinghamcity@nhs.net

Tel: 07551834943

Highlight for Event

Travel Well At Bulwell Market Place

We were thrilled to have the police join us at our event on 18th June 2025! They provided a free bike-marking service to help deter bicycle theft and shared expert crime prevention advice with local cyclists.



Missed it last time? Don't worry!
We're back again at:

Market Place, Bulwell, NG6 8HD.
Wednesday, 16th July 2025, 10AM - 1PM.

Bring your bike along for a Free Bike Marking and a Free Bike MOT

Upcoming Events

CHERRY LODGE

King Edward Park, Carlton Road, NG3 2AS
Monday 7th Jul 2025, 11 AM - 1 PM

The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ
Monday 21st July 2025, 11:30 AM - 1:30 PM

Refer your patients here:

[Active Travel Referral Form](#)

