

## Coming soon

## Get fit and healthy cycling to work...

Cycling is an easy and low impact activity which can significantly improve individual fitness. As well as improving physical health, cycling has a positive effect on emotional health, improving levels of well being, self confidence and tolerance to stress - while reducing tiredness and difficulties with sleep.

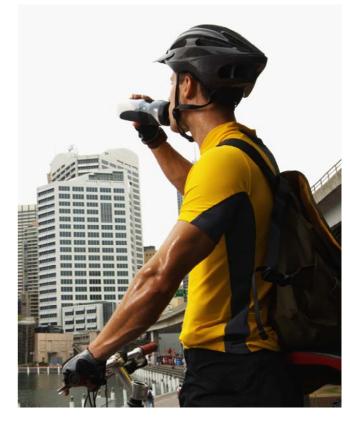
By joining cycle2work you can save up to 42% on the cost of a bike and accessories\* to enable you to;

- Improve your health and fitness levels
- Improve your circulation
- Minimise stress levels
- Safe money previously spent in the gym

Plus you get added value vouchers with this benefit;

- Free 1 Year Bike Care Plan worth £100 of servicing and maintenance\*\*
- Free Family Discount Cycling Voucher (20% off Apollo range bikes^)

...and many more.



## Apply from 14 March For more information visit <a href="https://www.cycle2work.info">www.cycle2work.info</a> Employer Code: NORFOLKCC2012

\*42% savings based on a Higher Rate Tax-payer. Savings dependant on circumstances of employee and employer. \*\* Please note that bikes sourced via the Halfords cycle2work help desk are outside of the Halfords store ranges and are not eligible for the free Halfords Bike Care Plan. ^ Free family discount cycling voucher is valid for one use only for 20% off Apollo range bikes and cannot be used in conjunction with your Letter of Collection



