



Cycling and Wellbeing

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'The Miracle Pill'



'Imagine if a team of scientists devised a drug which massively reduced people's chances of developing cancer or heart disease, cutting their overall likelihood of dying early by 40%. This would be front page news worldwide, a Nobel prize as good as in the post.'

– Taken from a Blog by Peter Walker

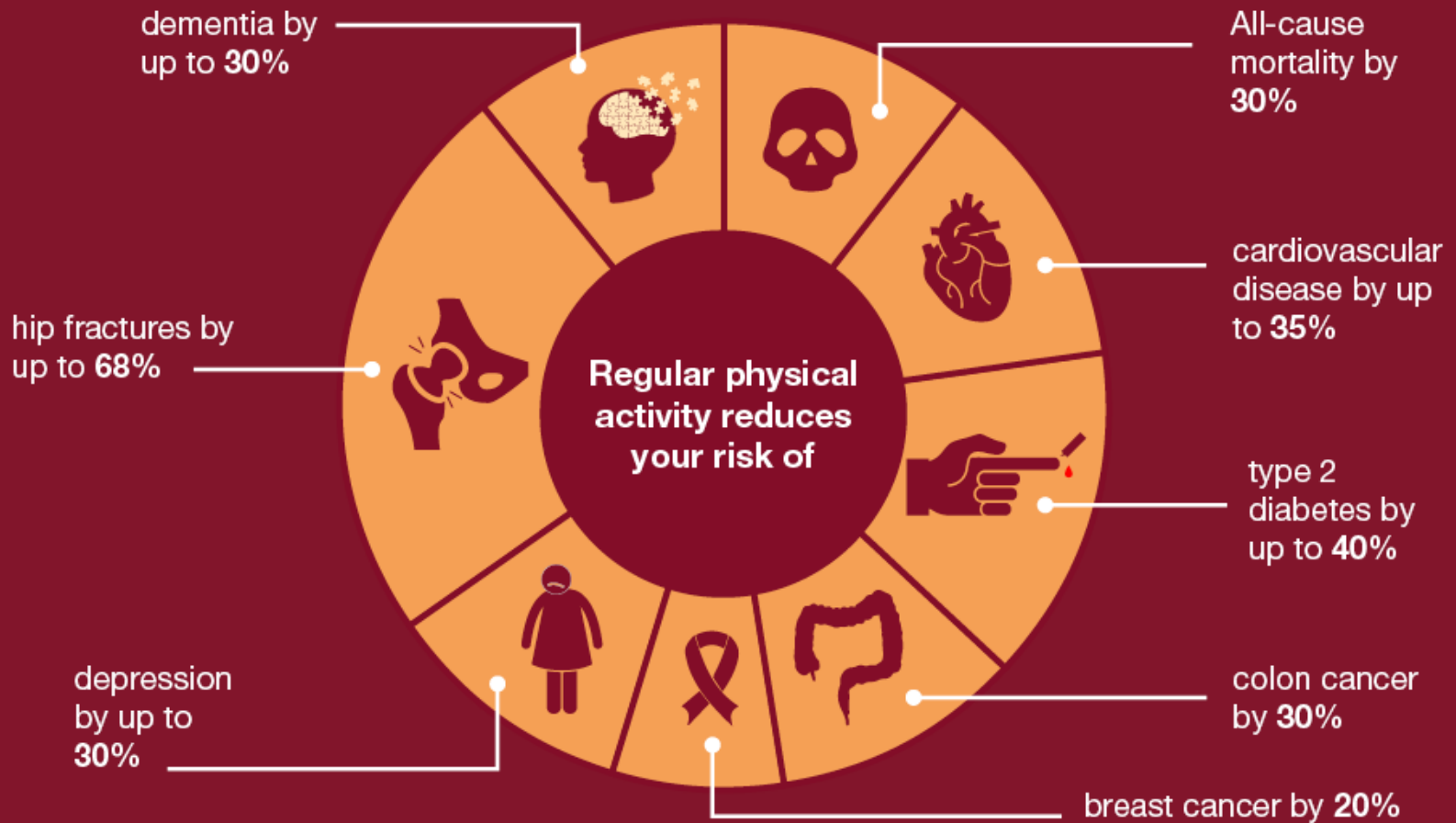
'The Miracle Pill'

'That drug is already here, albeit administered in a slightly different way: it's called cycling to work'

- Taken from a Blog by Peter Walker



What are the health benefits of physical activity?



How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising with weights



yoga



or carrying heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



West Sussex & Physical Activity

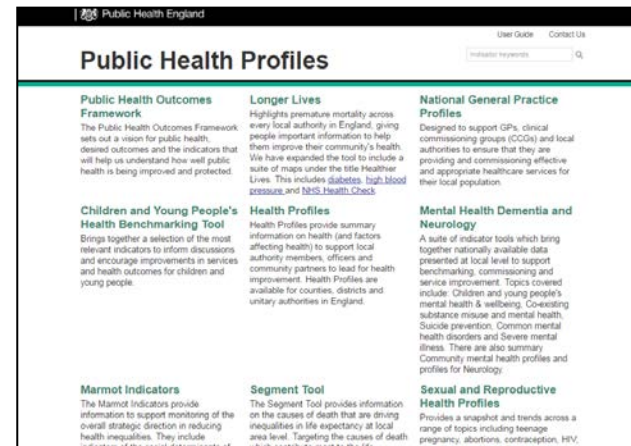
60.2% West Sussex adults (aged 16 and over) achieving at least 150 mins physical activity per week

- England average 57.0%
- Best in England 69.8%

15.1% of West Sussex 15 year olds physically active for at least 1 hour per day, 7 days a week

- South East average 14.1%
- England average 13.7%

Sources: Active People Survey and WAY survey





- And health and wellbeing is everyone's business....complex web of factors cause obesity these include employment, transport and the built environment

Changing behaviour: the East Framework



My Cycling Journey

