

# BIKETOBER SUNSHINE COAST

THE NATIONAL BIKE CHALLENGE



## 1-31 OCTOBER 2024

**A FUN CHALLENGE OPEN TO EVERYONE!**



### WHO?

Everyone can take part, even if they haven't been on a bike for years!

### WHERE?

Anywhere, anytime throughout October

### HOW?

Sign up with your workplace and encourage your colleagues to ride. Watch your score increase and win prizes along the way!

### 5 KEY BENEFITS FOR YOUR WORKPLACE:



#### HEALTHIER & HAPPIER STAFF

Healthier & happier workers = fewer sick days & increased productivity



#### VIRTUAL & FREE

An entirely free and virtual programme whether staff are working from home or the office full time, part time or casually



#### SUPPORT MENTAL HEALTH

Staff can increase physical activity and improve their wellbeing while connecting with colleagues and friends online



#### BE SUSTAINABLE

Contribute to lower carbon emissions, improved air quality, reduced noise pollution, and help ease congestion



#### ENHANCE REPUTATION

Responsible leadership and safeguarding of employee health and wellbeing

Sign up at [lovetoride.net/sunshinecoast](https://lovetoride.net/sunshinecoast)



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LOVE TO RIDE



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