

Cycling **Bingo!**



lincolnshire

Looking to move more this year, but need some motivation?
Cycling regularly is a great way for you to build some physical activity into your life and improve your overall health and fitness.

Use our **#StrideAndRide** bingo card to find out ways that you can make the change and take part in more cycling activities across Lincolnshire!

Get ticking off your numbers and see if you can get a full house! Please turn over to page 2 for the tasks in detail.

9

Doctor's orders

Task: Smiles for miles

62

Tickety-boo

Task: Swap the car for a cycle

25

Duck and dive

Task: Discover a new cycle route

2

One little duck

Task: Do a regular roundtrip by bike!

77

Sunset strip

Task: Warm up cycle sprint

41

Time for fun

Task: Join a new cycling group

11

Legs eleven

Task: Meander along the water

56

Shotts Bus

Task: Beat your best time!

89

Nearly there

Task: Long distance challenge!

#StrideAndRide

LetsMoveLincolnshire.com/StrideAndRide



9 – Doctor's orders – Task: Smiles for miles

Set yourself a cycle challenge – can you cycle 20 miles over in the next few weeks?

If road cycling isn't your thing – try something more adventurous. Take your bike through a woodland route or cycle along the coast and take in the fresh sea air!

62 – Tickety-boo – Task: Swap the car for a cycle

Ditch the car once this week, and use your bike when you'd usually drive - perhaps to the shops!

Run some errands, meet a friend, but do it on 2 wheels instead of 4!

25 – Duck and dive – Task: Discover a new cycle route

Swap any usual indoor activities you would do, and discover a new cycle route this weekend!

Take a few laps around your local park, try a new coastal route or challenge yourself to a hill climb through the Lincolnshire Wolds.

2 – One little duck – Task: Do a regular roundtrip by bike!

Get yourself or the kids off to a great start by cycling to work or school twice this week! Or if you have a journey you do regularly that's doable by bike, just do one round trip, and reap those rewards!

77 – Sunset strip – Task: Sunset Cycle

Take a leisurely bike ride to catch the unspoilt sunset! Watch as the sky changes colour, but don't forget your lights if you plan to stay out until after dark.

41 – Time for fun – Task: Get a group together for a ride!

Cycling with friends is often the motivation you need to get out and about on a wet and dreary winters day – but think of how amazing you'll feel afterwards!

11 – Legs eleven – Task: Meander along the water

Head for a meander by the water! Find a lake, river, canal or even the sea nearby to enjoy the peaceful views as you cycle, and see what wildlife you can spot!

Lincolnshire is well known for its biodiversity and wildlife – will you spot any gulls or other sea birds on your travels?

56 – Shotts bus – Task: Beat your best time!

Whether you're an avid cyclist or just a beginner, go for a PB today! Or work up to one, so time your route, then by the end of the week aim to beat it!

89 – Nearly there – Task: Long distance challenge!

Go for a week/month long challenge. Maybe even try and replicate over a week, the 166-mile coast-to-coast challenge which is usually the Humber to the Wash! You can do it wherever you like though, and rack up those miles each day, rather than all in one!