



# UK NEWS



**Welcome to UK News 3<sup>rd</sup> August 2023**  
**your weekly update from around Cemex UK**

**View UK News on: [www.cemexuknews.co.uk](http://www.cemexuknews.co.uk)**

You can also follow us on our social media channels



## HEALTH & SAFETY

### UK Marine Achieve 4 Years ZERO LTIs



We are proud to celebrate that UK Marine has achieved four years LTI free.

Kurt Cowdery, UK Marine said: “This is a demonstration of commitment, dedication and leadership by all. I am extremely proud of everyone for this great achievement. Well done to the Marine whole team.”

EMEA also reported a return to a week with ZERO LTIs – another great result!

LTI milestones continue to show that with the right level of focus and attention to Health & Safety, our Zero4Life objective can be met and sustained.

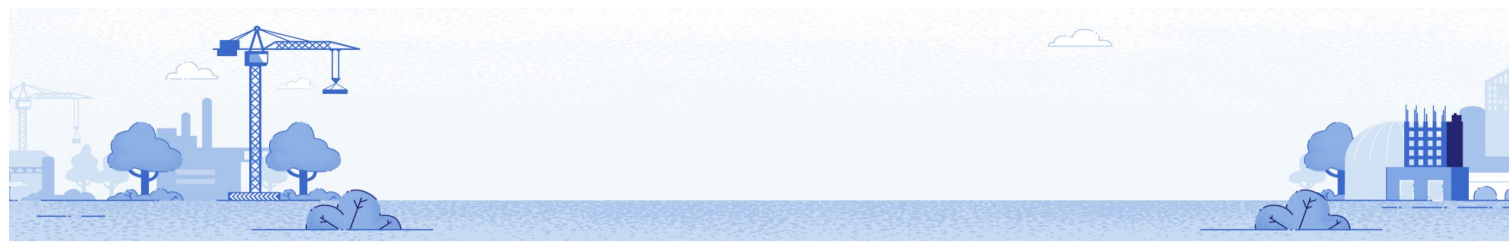
### Let's Talk About Money



This month our Wellbeing focus is Finance. Over the coming month we will be sharing resources and a range of ideas to help support your financial wellbeing.

We all have to make decisions about money every day and throughout our lifetimes and there is a lot of evidence to show that money and health are intertwined.

More than half of people who experienced mental ill health in the last three years report that thinking about money makes them anxious and many people delay dealing with their money problems longer than they should. Finances are a core part of our lives and can be the root of many issues. Asking for help early on may help prevent problems later down the line.



## Care first Support

Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first. Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns, including finance.

If you are experiencing problems with finances or dealing with debt, you can contact Care first.

We recognise that having money worries or being in debt can make us feel isolated, scared and anxious. It can also have a negative effect on our work, our health and our family. Making that initial request for help is always the most difficult – but once you have made that call, you have taken the first step towards getting the right help to a better quality of life.

## Free seminar

**Care first is offering a free seminar to listen back to at any time – “Financial Wellbeing and Debt Advice”** from guest speaker Antony Price from PayPlan. Click [here](#) to access.

## How to seek help

**Lifestyle Support** is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety. It is run by a separate provider and isn't part of Cemex – we don't receive any employee specific information from them.

You can contact the Employee Assistance Line (Lifestyle Support) for confidential advice and support – call 0808 168 2143 or visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk) (Username: cemex Password: cemex).

## Just Stop Oil Protests – Advice For Drivers

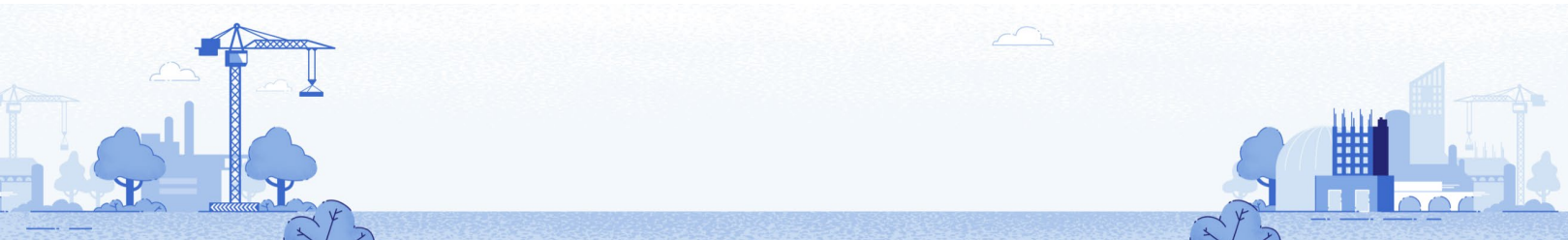


Protesters associated with the Just Stop Oil campaign continue to target high profile events and traffic hot spots across the UK, particularly in London. The success of the 'Just Stop Oil' protesters relies on publicity (good or bad) as they continue to promote their cause.

The tactic of blocking major roads and junctions continues to raise anxieties and in some cases tempers, as is often evidenced in news and social media footage alike. In the event they are caught up in any

such protest, **it is imperative Cemex drivers maintain their professionalism and always avoid any antagonistic or retaliatory behaviour.**

Colin Jones, Cemex UK Security Manager, shares the following advice: “We must ensure we do not unwittingly promote the Just Stop Oil publicity by getting ourselves involved in any confrontation. Drivers should remain in their vehicles and remain patient in the event of a delay. Arriving later than planned but otherwise safe is always the priority.” Cemex are aware unnecessary lengthy delays, in the case of spoilable loads such as concrete, can result in significant damage to vehicles if the load is allowed to go off.



Colin further comments: “The police have a difficult task balancing the right to protest lawfully with the need to act against those that transgress. The latest law changes have provided the UK Police with some significant powers, which should enable them to deal promptly with unlawful protesters. However, where a load is in danger of going off due to the delay, drivers should consider informing the Police that damage is likely to be incurred to their vehicle. The offence of Criminal Damage can be caused through the reckless actions of a person acting without lawful excuse. By advising the Police, at the scene or by phone, of the imminent danger of criminal damage, we can provide them with additional information upon which they should promptly act.”

### To all Managers:

Please ensure all your staff, especially Mixer Drivers, are aware of this advice and they know what to do and how to act if they are caught up in a protest related roadblock.

Image: The Guardian

## Action for Happiness



Why not download this month’s Action for Happiness calendar to remind you to appreciate the little things in life and find out how they help with your positivity and wellbeing!

Each day they give you a little task to try and complete. It could be anything from ‘Do something meaningful for someone’ to ‘Share an inspirational quote’. It’s a fun way to keep us busy daily and to give our brains a break.

You can watch the Altruistic August video [here](#) where Action For Happiness’s, Vanessa King, gives advice on how to make life happier and more fulfilling.

You can find this Altruistic August calendar at the end of this document and in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)



## CUSTOMER CENTRICITY

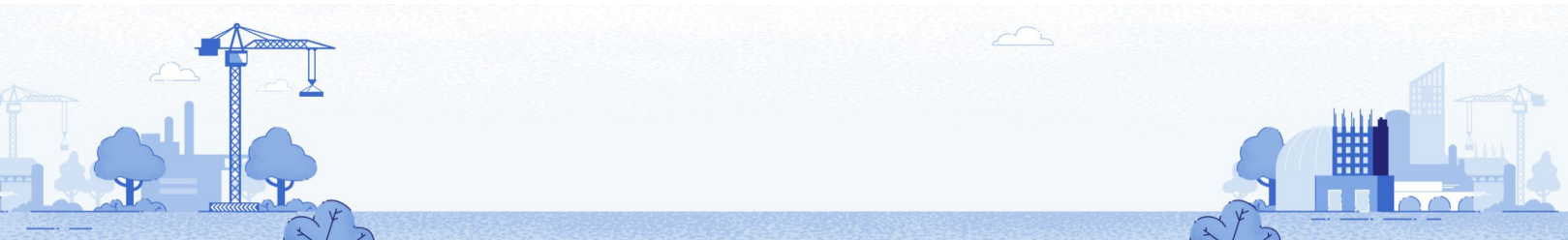
### 1 Million Tonnes for Luton



In May, our Luton depot achieved one million tonnes of Aggregate, moved by rail from Dove Holes since its opening in March 2019.

This milestone has been achieved through fantastic teamwork between our Aggregate operations and Supply Chain – thank you and congratulations to everyone involved.

All movements were achieved safely and efficiently supporting our sustainability agenda and serving our customers safely.







### Introducing our NEW Future in Action Logo

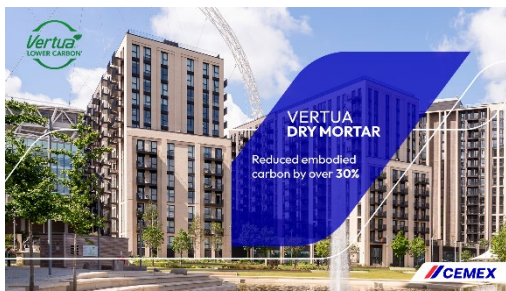


Our Cemex Future in Action visual identity has undergone an update, as seen here in the image.

The new Future in Action logo uses colours from our brand's new primary and secondary palettes and has the forward leaning, dynamic elements of our new master brand. Please use this new logo in all communications going forward.

- [Click here](#) to download the Future in Action new logo in English and editable formats.
- Visit our [Brand Center](#) to find the full Brand Guidelines for using the new logo.

### Extending Vertua® Product Portfolio with Lower Carbon Mortar Solutions

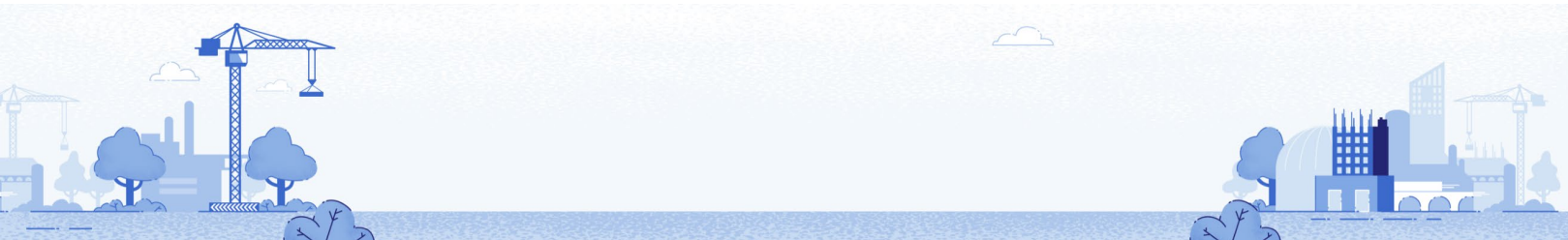


Cemex has reduced the embodied carbon of its mortar range by over 30%\*. The carbon saving has been achieved by incorporating Cemex's high performance CEM II A-L 52.5N Vertua cement alongside new admixture technology plus an enhanced production process with a more efficient drying process. Cemex's Vertua cement products offer a unique composition, containing the highest quality ingredients to reduce the carbon footprint of the finished product.

As a result of this carbon saving, Cemex's mortar products now meet the strict criteria to be included in the company's enhanced Vertua range, which is comprised of its most sustainable products. The reduction in carbon achieved applies to all Cemex's dry mortar range of products, including the extensive range of coloured mortars which have proven particularly popular with developers of projects including the Kia Oval in Surrey and Queen Elizabeth Olympic Park development in London.

Andy Bright, Mortars Production Manager for Cemex Europe, commented: "By utilising designed mortar formations, we have been able to make a considerable carbon reduction to the products in our mortars range. These products are prized by our customers because of their strong performance and strength, flexibility of supply and wide range of colours, and we are confident they will appreciate the opportunity to choose a more sustainable product too."

\* Compared to the carbon content of mortar produced by Cemex UK in 2020. Industry available reference baseline – EC3 – Product EPDs  
You can read the full press release [here](#).



## Latest Earthly Matters Blog



The July 2023 edition of Earthly Matters the blog dedicated to the partnership between Cemex and the RSPB, is now available to read online.

In this month's edition:

- RSPB Update
- Sand Martin Code update
- Water for wildlife
- Meadow Management 101
- Attract wildlife into your garden

Accessible below to all, even those without a Cemex email address so please do share with your teams.

[Go to this Sway](#) Read our blog [here](#).

## Investing in Innovative Carbon Tech



Cemex Ventures, its corporate venture capital and open innovation unit, has increased its stake in Carbon Upcycling.

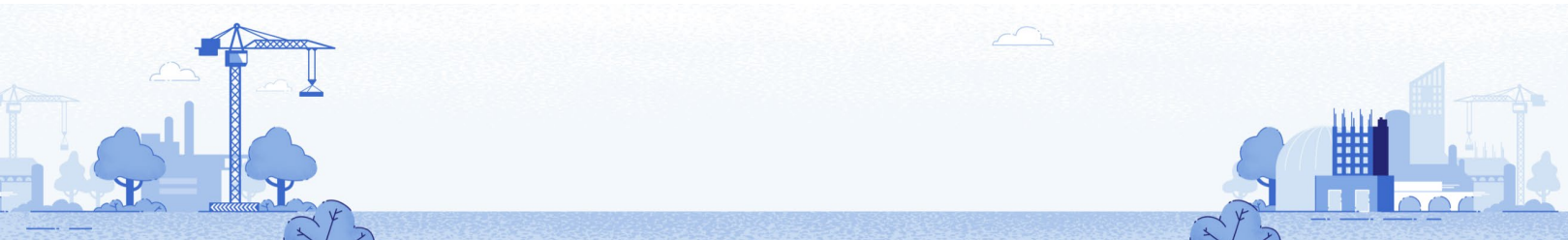
Carbon Upcycling's patented technology injects CO<sub>2</sub> into industrial byproducts and natural minerals to create clinker substitutes, thereby reducing the carbon footprint of cement.



Cemex first invested in Carbon Upcycling in February 2022 and has been working with the carbon utilisation company to support their scale-up since early 2020. In June of 2022, the companies began working to establish the world's first commercial-scale plant that produces cement additives by sequestering CO<sub>2</sub> in glass byproducts. This project, located at Cemex's Rugby cement plant, is expected to sequester over 1,600 metric tons of CO<sub>2</sub> annually and was awarded £2.3 million in funding from UK Research and Innovation.

Cemex aims to roll out additional carbon mitigation projects in partnership with Carbon Upcycling in selected cement plants across Cemex's EMEAA, U.S., and Mexico operations.

This investment is part of Cemex's Future in Action program, which focuses on achieving sustainable excellence through climate action, circularity, and natural resource management with the primary objective of becoming a net-zero CO<sub>2</sub> company by 2050.



## Supporting Local Community Events

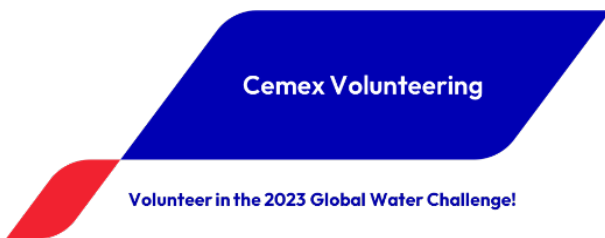


Cemex was recently one of the proud sponsors of the recently held Kings Bromley Show held close to our Rugeley quarry in Staffordshire.

The annual event is one of the longest running shows in Staffordshire and draws in large crowds to enjoy the full day of entertainment, including professional large and small ring entertainers, horse events, family dog show, amusements, trade and non-commercial stands, craft fair, food and drink.

Cemex supports community activities as part of its community engagement plans and building stronger relationships with communities around its operations.

## Volunteer in the 2023 Global Water Challenge



Join colleagues around the world and [Social Shifters](#) in driving action to support entrepreneurs innovating on water technologies.

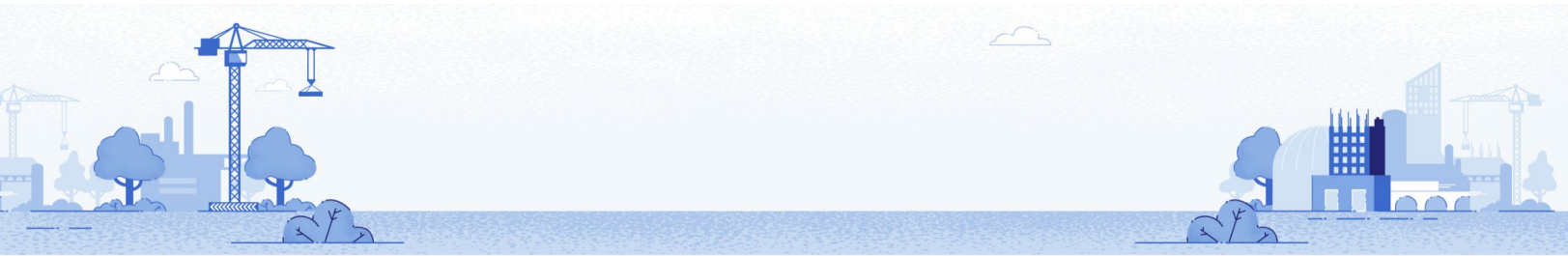
Embrace the power of innovation and invest time in learning about potential solutions to the water crisis and sharing your experience with entrepreneurs to accelerate their road to success.

Choose your own volunteering journey, there are different ways to join the solution.

Get involved! [Register here](#) before 25<sup>th</sup> August.

Hear more about this incredible volunteering opportunity and its impact from Pedro de la Fuente, our Sustainability Advisor. Click [here](#) to play video.

For more information, contact our team at: [volunteeringsupport@cemex.com](mailto:volunteeringsupport@cemex.com)





## Flagship Sites Portal – New Release



The EXCEED Operational Excellence team are pleased to share Version 1.5 of the flagship sites portal, the first new release since the project was launched in April.

The spotlight for this new portal release is on our **Immelborn quarry in Germany**.

Senior Materials Development Manager, Friedrich Bayer, explains: “The Immelborn flagship quarry is a keystone between North and South, due to its central location in Germany and the excellent quality of its products. Immelborn is a perfect example of how older plants can become a flagship through smart investments and continuous improvement. The holistic approach to electrification is exemplary here: energy from the floating photovoltaic (solar) system is used to supply the fully electrified extraction

and processing plant. The Aggregates are then transported by train to our core markets in a climate-friendly manner.”

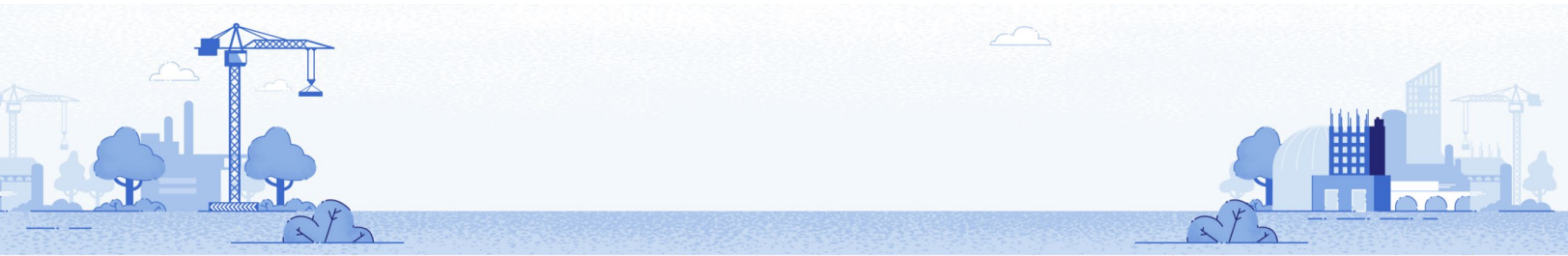
Inside the portal you will also find several new and Renewable Water Management Energies initiatives as these Future in Action pillars are key aspects of our future flagship sites. Take a look around the interactive site maps to see what's new.

In the coming months more updates to the flagship portal will be communicated, including a new Accreditation Scheme, with bronze, silver and gold flagship standards to be achieved.

Finally, the flagship homepage has also been updated to include a direct link through to the IDEATION ideas-sharing platform. If there are any initiatives you have deployed on your site that you think should be included in the flagship portal, please record them in IDEATION for review. For any IDEATION access questions, please contact [adam.leverett@cemex.com](mailto:adam.leverett@cemex.com)

To access the flagship portal, please visit <http://flagship.vapcemex.com> and enter ‘cemex’ as your username, and ‘greenplanet’ as your password.

A poster can be found at the end of this document and in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)







## EMPLOYEES

### New Care First Seminars

# Care first

Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first.

Lifestyle Support offers a series of Seminars free to access for all Cemex employees. Below you can find details of the seminars running between 7<sup>th</sup> and 18<sup>th</sup> August.

**Remember! You can listen back to a recording of any past seminar by using the same link.**

**You can find links to all previous seminars on the weekly calendars shared on the UK News download page [here](#).**

#### What to expect when you call Care first

Monday 7<sup>th</sup> August @ 12pm

Click [here](#) to download more information about this seminar.

Link: <https://attendee.gotowebinar.com/register/2886954028614167135>

This webinar provides an overview of what you can expect when making a call to the counselling help line.

#### How Care first can support you

Wednesday 9<sup>th</sup> August @ 12pm

Click [here](#) to download more information about this seminar.

Link: <https://attendee.gotowebinar.com/register/1362163397842323541>

A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.

#### Never Give Up

Friday 11<sup>th</sup> August @ 12pm

Click [here](#) to download more information about this seminar.

Link: <https://attendee.gotowebinar.com/register/656263738670614366>

This webinar is about motivating and inspiring ourselves and others to never give up, while understanding how we can support those that might find it difficult.

#### Practical Information and Advice through Care first

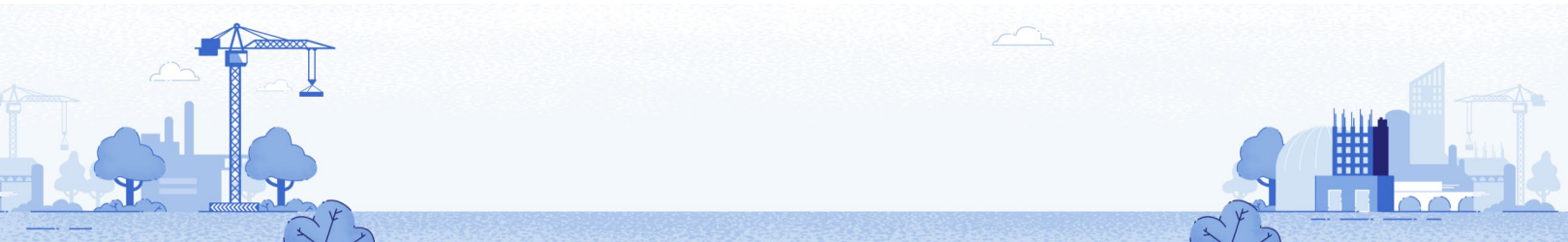
Monday 14<sup>th</sup> August @ 12pm

Link: <https://attendee.gotowebinar.com/register/8868687610496995421>

The webinar provides detail about who our Information Specialists are and their role as part of your EAP service.

#### How Care first can support you

Wednesday 16<sup>th</sup> August @ 12pm





Link: <https://attendee.gotowebinar.com/register/2853801554166913375>

A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.

### Tips for a Good Night's Sleep

Friday 18<sup>th</sup> August @ 12pm

Link: <https://attendee.gotowebinar.com/register/6506580392267038299>

A webinar detailing how a good night's sleep can improve your overall wellbeing, whilst offering tips for how you could improve your sleep.

You can find full details about these seminars [here](#).

**Lifestyle Support** is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety. It is run by a separate provider and not part of Cemex – we don't receive any employee specific information from them.

You can contact the Employee Assistance Line (Lifestyle Support) for confidential advice and support – call 0808 168 2143 or visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk) (Username: cemex Password: cemex).

### The Benefits of Cycling



'Cycle To Work Day' is taking place this week on the 4<sup>th</sup> August 2023. The purpose of this awareness day is to encourage individuals to find out more about the benefits of cycling and to consider incorporating cycling into their daily lives and routines.

Whether you haven't cycled in years, have never cycled at all, or usually ride as a leisure activity but want to try cycle commuting, we have shared a document from our Employee

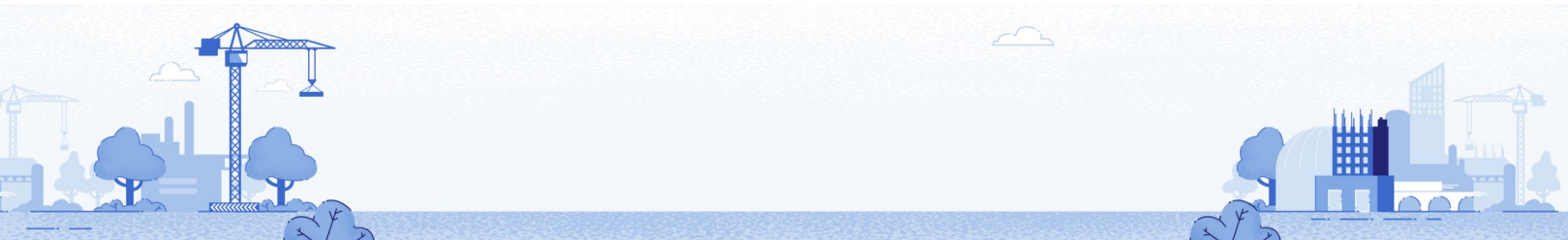
Assistance Platform "Be Active – In Association with Cycle to Work Day" with 20 reasons why you should dust off that old bike. You can find this at the end of this document and on the UK News download page [here](#).

### Family Fun at Dove Holes



On a wet Saturday in July Dove Holes quarry opened its doors to families for their family day. Despite the unseasonal weather, over 350 people came along to join in the fun.

Quarry Manager, Hayden Gill, commented: "Our family day was a great success, and everyone had a great time. Thanks to everyone who helped organise the day, and to everyone who came along. It was great to see so many colleagues bringing their families to enjoy the event."



This year families got to see up close the many types of quarry excavators, trucks and machinery used in daily operations, as well as the local fire engine! Delighted children got to sit cabs for a photo and to chat to the actual Drivers.

Other activities included a tour around the quarry, bouncy castle, food and drink and a fab goody bag of branded items including sunscreen, hats, water bottles and footballs.

### Your Lifestyle Platform August Offers



Hopefully with warmer weather continuing there's no better feeling than embarking on a much-needed getaway with family and friends.

Whether you want to head to the coast or the countryside, Halfords are here to help you get set for a summer of fun! They've got a selection of tents, sleeping bags and camping equipment that will make the great outdoors even greater. Plus, they've got a

whole range of bikes, auto care and travel essentials to prepare for a smooth and enjoyable journey. You'll save 6% on any purchase you make when you purchase a Halfords eVoucher to use in store or online.

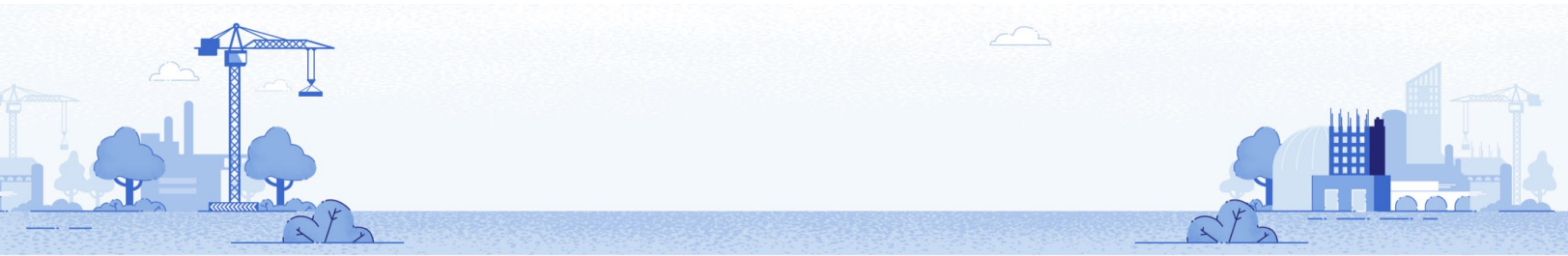
Perhaps you're looking for a last-minute summer getaway abroad? lastminute.com have plenty of great package offers with something to suit everyone's budget. For a limited time only, take advantage of the 7% discount when you purchase an instant eVoucher before 28<sup>th</sup> September 2023 (usually 6%). If you're looking for ideas on how to keep the kids entertained during the odd summer downpour, we've got amazing discounts on Sky Store online movie vouchers. Not a Sky customer? Not a problem! Simply sign up for a free Sky iD to enjoy great movies from your laptop, smart devices and more. Grab the popcorn and dive right in!

Maybe you're after some new tech? Perhaps the iPhone 14 Pro, MacBook Air 15, AirPods Pro or some accessories to jazz up your new gadget? Head over to the Apple Store where you can save 4.5% on your total purchase when you buy an instant Apple eVoucher that is NEW to your platform!

For all your other summer essentials, including picnic snacks, BBQ food and summer cocktails, choose Tesco. Celebrate summer and save 4% when you purchase an instant eVoucher.

A poster can be found at the end of this document and in the download section of the UK News website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

Log in to the Cemex Lifestyle platform [here](#) to see how you can save.



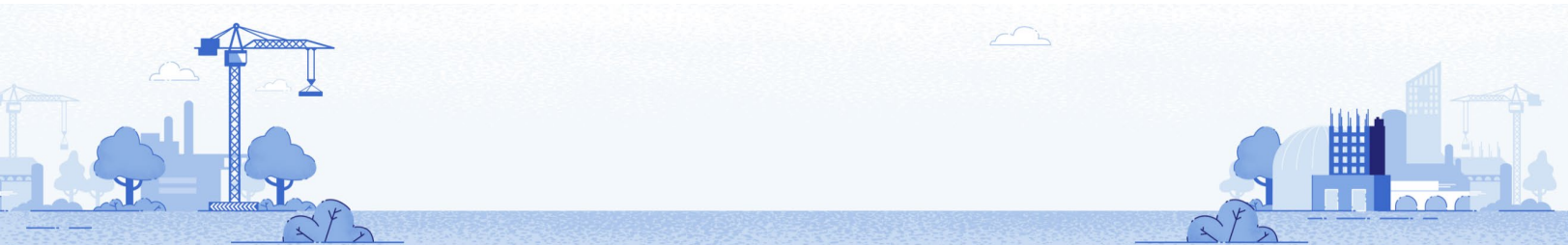
## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
167-07-2023	Operative	Materials - Aggregates	Hamer Warren Quarry	10/08/2023
168-07-2023	Operative x 2	Materials - Aggregates	Berkswell Quarry	10/08/2023
169-07-2023	Chemical Lab Analyst	Cement Operations	Rugby Cement Plant	11/08/2023
170-08-2023	Marine Fleet Logistics Planner	Materials - Marine	Southampton	15/08/2023
171-08-2023	Specialist Digital Commerce	Customer Experience	Binley	16/08/2023
172-08-2023	Multiskilled Operative	Materials - Aggregates	Dove Holes Quarry	15/08/2023
173-08-2023	Multiskilled Operative	Urbanisation Solutions - DSM	Braintree	16/08/2023

### We would love to hear from you for the next edition

To send us a story: either click on 'submit a story' on the UK News website or email [gb-communicationsandpublicaffairs@cemex.com](mailto:gb-communicationsandpublicaffairs@cemex.com)

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.



# Altruistic August 2023

MONDAY



TUESDAY

WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY

1 Set an intention to be kind to others (and yourself) this month

2 Send an uplifting message to someone you can't be with

3 Be kind and supportive to everyone you interact with

4 Ask someone how they feel and really listen to their reply

5 Spend time wishing for other people to be happy and well

6 Smile and be friendly to the people you see today

7 Give time to help a project or cause you care about

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together



# FLAGSHIP SITE PORTAL – VERSION 1.5

A new release of the flagship site portal is now live and accessible for all employees!

## *So, what's new?*



New case study of Immelborn Quarry from Cemex Germany, and an in-depth interview with Quarry Manager, Martin Otto

Many new initiatives have been recorded, particularly in the key focus areas of Water Management and Renewable Energies



WE WANT TO  
HEAR FROM YOU



A shortcut to our IDEATION ideas sharing platform has been added to the homepage and for Q3 2023 the focus campaign is for new water management initiatives, so please record any ideas you have!

## Be Active – In Association with Cycle to Work Day

In line with **'Cycle to work day' which is taking place on the 4th August 2023**, our aim is to encourage individuals to incorporate cycling in to their daily lives and routines.

Whether you haven't cycled in years, have never cycled at all, or usually ride as a leisure activity but want to try cycle commuting; this literature and accompanying webinar will give you 20 reasons why you should dust off that old bike.

### 1. Reduce risk of COVID-19 contagion

In traffic congested parts of London, the current advice from the Department for Transport is to cycle or walk when you can. There is a greater circulation of air and less risk you will come in to contact with others when you cycle to work.

### 2. It is good for the economy

Cyclists are better for the local and national economy than motorists. Cyclists are more likely to stop and shop, benefiting local retailers. If cycle use increases from 2% of all journeys (current levels) to 10% by 2025 and 25% by 2050, the cumulative benefits would be worth £248bn between now and 2050 for England - yielding annual benefits in 2050 worth £42bn.

### 3. Trim up and lose weight

Cycling to work can be a great way to lose weight, whether you're just starting out or are looking to use your cycling as a way to trim up and shift a few pounds. It's a low impact, adaptable exercise that can burn calories at a rate of 400-750 calories an hour, depending on the weight of the rider, speed and type of cycling you're doing.

### 4. Reduce your carbon footprint

Considering the average road use of European car drivers, different fuel types, average occupation, and adding emissions from production, driving a car emits about 271g CO2 per passenger-kilometre. Taking the bus will cut your emissions by more than half. But if you wanted to reduce your emissions even further, try a bicycle.

### 5. You will get fitter

It should be no surprise that cycling will improve your fitness. If you don't currently exercise regularly, the improvements will be even more dramatic and the benefits greater, and cycling is a great low-impact, low to moderate intensity way to get more active.

### 6. Cleaner air and reduced pollution

Getting out of the car and cycling contributes to cleaner, healthier air. At present, every year in the UK, outdoor pollution is linked to around 40,000 deaths. By cycling, you are helping to reduce the harmful and deadly emissions, effectively saving lives and making the world a healthier place to live.

### 7. It will save time

For some, cycling can often be a quicker way to get around than travelling by car or public transport. If you live and work in a city, or travel in heavily congested areas, you may find cycling to work saves you time.

## **8. Explore around you**

If you take public transport you likely have no choice, if you drive it's probably habitual, but chances are you take the same journey day after day. By cycling to work you give yourself the opportunity to take a different route, to explore around you. You might find a new beauty spot, or perhaps even a shortcut. Travelling by bike gives you far more opportunity to stop and take photos, turn and look back, or even disappear up an interesting side street.

## **9. Mental health benefits**

A Cycling UK survey of more than 11,000 people found that 91% of participants rated off-road cycling as fairly or very important for their mental health – strong evidence that heading out on the bike is a good way to de-stress and clear the mind. Whether your route to work is on or off road, it's likely to help you clear your mind, boost your mental well-being and lead to long term mental health benefits.

## **10. Slow down and look around**

For most people, riding a bike is likely to be a slower and more sedate way to travel. Embrace it, take the chance to look about and take in your environment. Whether the city streets or a countryside route, riding a bike is an opportunity to see more of what's going on. Enjoy the slower pace, see more of the world around you and appreciate your surroundings.

## **11. Save yourself some money**

While there may be some expenses involved in cycling to work, the cost of maintaining a bike is far lower than the equivalent costs of running a car. Swap to cycling and you'll save money every time you commute. Cyclescheme estimates a saving of around £3000 a year if you cycle to work every day.

## **12. An easy way to fit exercise into your day**

One of the most common reasons for not exercising is a lack of time. Not being able to fit activity in to a day is difficult for a lot of us who are busy with work, home and social lives that are increasingly time-stretched. An easy way to keep fit and healthy is to use active travel – a 15 minute cycle to work each way would mean you meet the government recommended guidelines for exercise of 150 minutes a week without having to lace up a pair of trainers or head to the gym.

## **13. It'll make you smarter**

Just one bout of moderate intensity aerobic exercise for as little as 30 minutes has been found to improve some aspects of cognition, including your memory, reasoning and ability to plan – including shortening the time it takes to complete tasks. Sounds like a good reason to cycle to work.

## **14. You'll live longer**

A recent study looking at commuting found that those that cycle to work have a massive 41% lower risk of dying from all causes. As well as all the other benefits of cycling, you'll make a huge difference to how long you will be around – and we're sure that's a good thing.

## **15. No more traffic jams – for you, or for everyone else**

Fed up of sitting in queues of traffic? It's not good for your happiness levels, and it's certainly not good for the environment. If you switch to commuting by bike, you'll not have to sit in traffic on congested streets and you'll be helping the planet too by reducing the number of cars on the road. Save time, improve your mood, and benefit others too.

## **16. Boost your immune system**

On average, cycle commuting employees take one less sick day per year than non-cyclists and save the UK economy almost £83m. As well as being fitter, getting outside on your ride to work will increase your vitamin D levels with benefits to your immune system, brain, bones and protection against numerous diseases and illnesses.

### **17. It's really good for your heart and your health**

A study of 264,337 people found that cycling to work is linked with a 45% lower risk of developing cancer, and a 46% lower risk of cardiovascular disease compared to commuting by car or public transport. As little as 20 miles a week on a bike can reduce your risk of coronary heart disease by half. If that sounds a long way, consider it's just a two-mile trip each way (assuming you work five days a week).

### **18. It'll make you better at work**

If you're fitter, healthier and better off – and cycling will do all that – then you'll perform well at work. Research shows that those who exercise regularly outperform colleagues who don't, which is good for you and good for your boss.

### **19. Save money**

This may sound drastic – but if you cycle to work you may no longer need a car (or a second family car). As well as no longer buying petrol, you'll save on tax, insurance, parking fees and all the other expenses saved when you don't own a car. Not to mention that if you sell the car, there's a cash windfall you could spend on new cycling gear.

### **20. You'll have better quality sleep**

With modern-day stresses, high levels of screen time, disconnecting and falling asleep is a struggle for many people. A study of over 8000 people from the University of Georgia found a strong correlation between cardio-respiratory fitness and sleep patterns: a lower level of fitness was linked to both an inability to fall asleep and poor sleep quality. The answer could be cycling – regular moderate cardiovascular exercise like cycling boosts fitness and makes it easier to fall and stay asleep.

Useful sources & more information:

Some of the information sourced for this article was originally published by [cyclinguk.org](https://www.cyclinguk.org), to access this and more information please visit the links below –

<https://www.cyclinguk.org/article/20-reasons-cycle-work>

<https://www.cyclinguk.org/campaigning/views-and-briefings/health-and-cycling>

If you would like to view the Webinar on **'Be active – In Association with Cycle to Work Day'** this is being delivered live on **Monday 31<sup>st</sup> July at 12pm**, join us on the day or register now by clicking on the link below to ensure your place:

**<https://attendee.gotowebinar.com/register/815009028293964380>**

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you feel you may need some support you can also contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.



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