



Active together for better mental health.

1. We fund free cycle training for all abilities. So, whether you're a new or regular cyclist, you can improve your skills and learn from a qualified instructor. Search <https://tfl.gov.uk/modes/cycling/cycle-skills> for more information
2. TfL partnered with Headspace to create a range of unique mindful walks in London. Visit <https://www.headspace.com/tfl> to get 2 months free access to the app and discover TfL's mindful walks.
3. Cycling in London is more than just getting from A to B. It's a great way to see the sights, get your bearings and enjoy a bit of exercise. Soak up some scenery and get active along the new Cycleway 23! Stop off on route at the Lea Valley Ice Centre strap your skates on and go for a spin around the indoor ice rink
4. Try a new journey to work by starting from a different station or getting off the bus a stop early. People who get twenty minutes of activity a day feel better physical and mental wellbeing and making this part of your journey to work is an easy way to get extra walking into your day
5. Download our Santander Cycles app which lets you skip past the terminal and get on your bike quicker. See live bike and docking space availability and use our interactive map to search by station, landmarks and street names.
6. Get some fresh air and enjoy a spot of shopping along the new Cycleway 17! Be sure to check out East Street Market: Take home a trinket and a slice of history from this market that's been running since 1880
7. Walk from Camden Town to King's Cross station using one of our unique walks created with Headspace. Visit <https://www.headspace.com/tfl> to get 2 months free access to the app.
8. Taking the London LOOP walking route is a great way to get to know London better. Made up of 24, mostly flat or gently sloping sections, its combination of beautiful open spaces like Hainault Forest Country Park and Bushy Park, historic buildings (Hall Place and Black Jack's Lock & Mill), makes this an enjoyable walk.
9. Be a tourist in your own town and see the sights of London by bike. Use Santander Cycles or your own bike and follow this self-guided tour of London's main attractions <https://londonblog.tfl.gov.uk/2019/11/05/santander-cycles-sightseeing/>
10. Cycling for your commute or just fancy a trip out? If you've got a folded cycle, you can take it anywhere, at any time on all our transport services. If you've got a non-folded cycle, you can take it on some services at specific times
11. Why not get off the train a stop early and walk the final part of your journey today. Use the tube walking map to see the steps between stations in zone 1 and 2 <http://content.tfl.gov.uk/steps-tube-map.pdf>
12. Love markets or enjoy discovering a peaceful hidden garden? Grab your bike or use Santander Cycles to explore one of Transport for London's themed leisure routes <https://tfl.gov.uk/modes/cycling/routes-and-maps/leisure-routes?intcmp=2327>
13. There are amazing charities in London who support people with disabilities to cycle, including Wheels for Wellbeing. You can join cycling sessions on adapted cycles to help keep you fit and independent.
14. Discover the Jubilee Walkway walking route. This Walk London route consists of five circular sections and includes some of London's most iconic landmarks.
15. Connect with nature and relax by completing the 'Walking London's Green Spaces' TfL guided walk created with Headspace. Visit <https://www.headspace.com/tfl> to get 2 months free access to the app.

redjanuaryformind.co.uk #redjanuary