

FUN FIT BIKE

Would you like your kids to have great fun this Easter Break – and learn how to stay fit and healthy?



Bring them along to the Fun and Fit Bike Experience, where they will enjoy a range of activities and learn the importance and benefits of regular exercise and healthy eating. Full details over page.

East Kilbride: Wednesday 10th, Thursday 11th, and Friday 12th April.

Kids will enjoy a wide range of fun activities while learning the importance of regular exercise and healthy eating.

Would you like your kids to have great fun this Easter break - and learn how to stay fit and healthy at the same time?

Bring them along to the Fun and Fit Bike Experience to enjoy a range of great activities while learning the importance and benefits of regular exercise and healthy eating.

Here's what they will enjoy:

- **A fun introductory quiz on health and wellbeing, with complimentary fresh fruit and mineral water, and an initial exercising cycle ride on the Fun and Fit Bike.**
- **Making pedal-powered smoothies and shakes using the bike's integrated blender - choosing from a variety of fruits and recipes, including gluten-free options.**
- **Taking Virtual Reality bike rides on the world's best cycles routes using a VR headset.**
- **Learning about renewable energy and using their pedal power to charge mobile phones, illuminate light boxes, and power mini wind turbines.**
- **Competing for medals in a fun Tour de France-style performance trial to measure their speed (max and average), distance, and calories burned.**
- **Improving their literacy and numeracy skills through fun speed and distance calculations**

The Fun and Fit Bike is designed and manufactured in the UK to the highest standards of comfort and safety. All health, safety, food hygiene standards, and insurances are in place and strictly adhered to.

Join us at The Village Centre, East Kilbride, on Wednesday 10th, Thursday 11th and Friday 12th April 2019.

9am-11am

12noon-2pm

3pm-5pm

For ages 7-16

The session is delivered by an experienced Fun and Fit Bike leader (with Disclosure Scotland certification).

Your child will receive a two hour interactive experience in a maximum group of twelve, to ensure they receives maximum enjoyment and benefit.

Cost per child £12 (or £15 on the day).

Please book at

<https://www.funandfitbike.com/bookings>

For further information, please contact us via our Facebook page

<https://www.facebook.com/funandfitbike> or email info@funandfitbike.com or call us on 07770 926895

Videos at our YouTube channel:

<https://www.youtube.com/channel/UCkahpzd6Fn-W9gke11NRU4w>

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