

## HNR Went Smoothie Crazy

HNR staff cycled their way to a smoothie last week at an event organised by The HNR Green Team in collaboration with Team Green Britain Bike Week.



A smoothie making bike was an ideal way to promote both environmentally friendly transport and healthy eating and exercise messages for the summer.

The state of the art bike rented from Huntingdon District Council, uses kinetic energy from pedalling which powers the blender. Just a few minutes of pedalling, combined with a selection of favourite fruits and fruit juice, created a delicious and nutritious smoothie.

The smoothie bike event was a fun and different way to encourage employees to eat their five fruit and vegetables a day and to promote physical activity during Bike Week.

Eating more fruit and vegetables is important for us all. Fruit juice and smoothies are a tasty option in providing us with one of our '5-a day' fruit and vegetable portions.

The event was a great success for both HNR staff and for the HNR Green Team.

Comments from participants included;

*'A BIG thank you to the Green Team! Wonderful idea; nice to have something fun at lunchtime. I thought I didn't much like smoothies but with the banana left out and the bike thrown in... much better!'*

*'Thank you for organising this. Enjoyed it very much!'*

