

Introducing **www.m2mcycling.com** - The ultimate, helpful hub for middle-aged men getting into road cycling.



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Awareness towards men's physical and mental health is on the rise and, increasingly, they are seeking advice on how to better take care of themselves. Road cycling is one, fantastic way to improve body and mind well-being.

m2M Cycling has launched to support guys at the early stages of their road cycling adventure. Where men can come together for sharing cycling hints and tips, arranging group rides, and chatting about road bikes. It's intended to be this and so much more.

Ben Phillips, founder of m2M Cycling explains the vision - "As someone who's been on medication for mild anxiety for a few years, cycling has been a massive benefit to helping me get my head right whenever needed. It lets me connect with guys going through similar things (I've been surprised at how many there are!) With these connections has come camaraderie and conversation - all so vitally important when needing to just talk to someone about 'stuff' - the great, the good, the bad and the ugly. This is what I would love m2M Cycling to become. If it can be a road cycling-based haven that helps another person, on any level, then we will have achieved our goal."

With 'Men's Health Month' only a few weeks away, this is the perfect time for guys who want to take better care of themselves to take up road cycling. The m2M Cycling hub will help ensure they enjoy and get the most out of it - from having those unwanted 'moobs' to riding up mountains, and everything in

between.

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