

The Smoothie Bike

Looking for a fun and different way of promoting healthy eating and physical activity messages?

The Smoothie Bike is an innovative resource! A standard pedal bike has been fit-fitted to a stand, so it is stationary. Pedalling the bike powers the blender on the back! Add your favourite fruits, and hey presto – you make a smoothie!



The Smoothie Bike may be free to use for organisations within Downham (Lewisham).

For those outside the area, it can be hired (£50 per day + delivery costs if required).

We also have an experienced Community Nutritionist, who may be available (at an extra cost – available upon request) to deliver sessions with the bike.

Due to the size of the bike, it is only suitable for children over the age of about 7 years

Want to know more? Contact us...

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