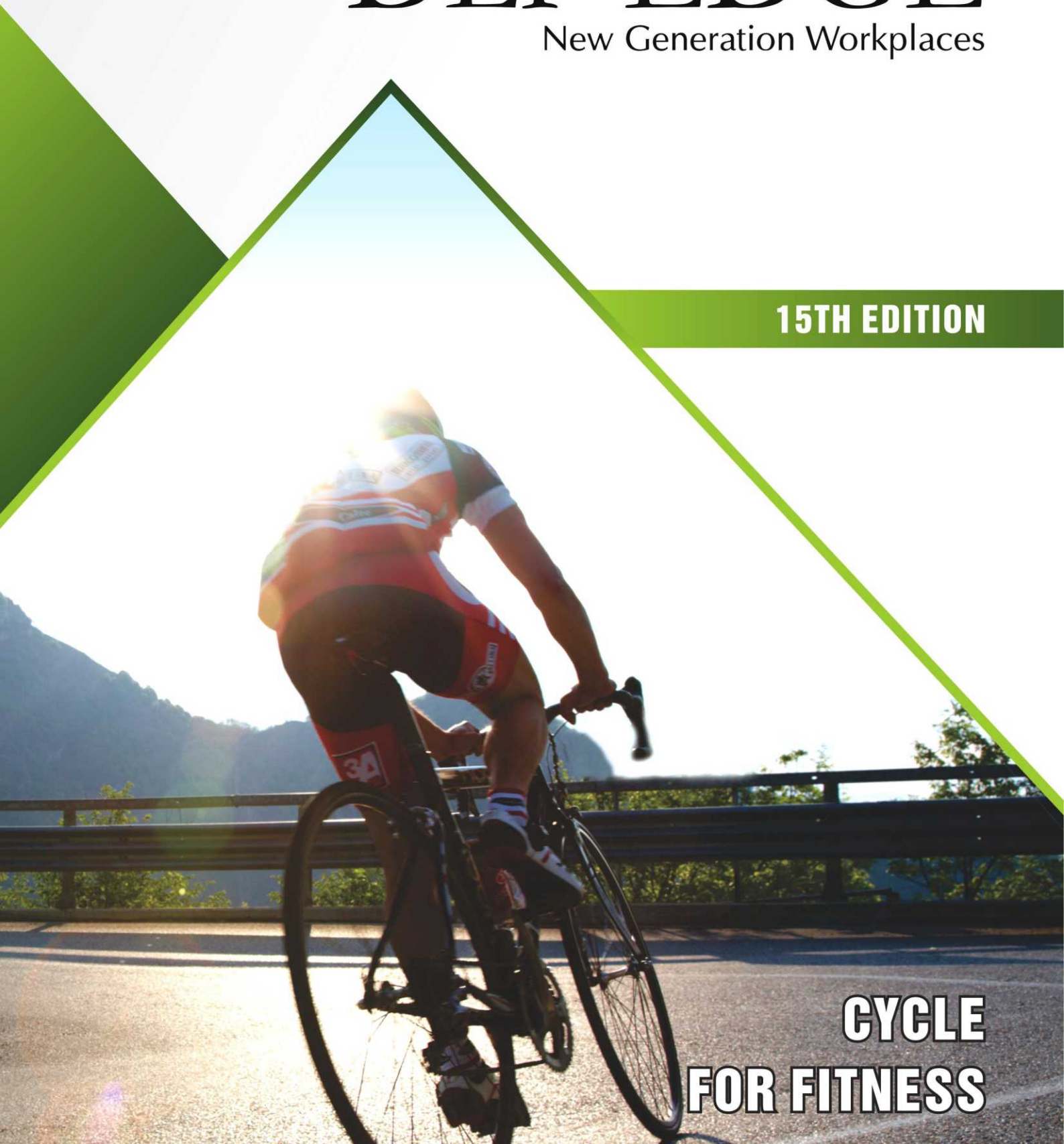




DLF EDGE

New Generation Workplaces

15TH EDITION



**CYCLE
FOR FITNESS**

DLF CYBERCITY CYKULOTHON 2016

DLF CYBERCITY CYKULOTHON 2016

Bringing Fun and Fitness to Corporate Life

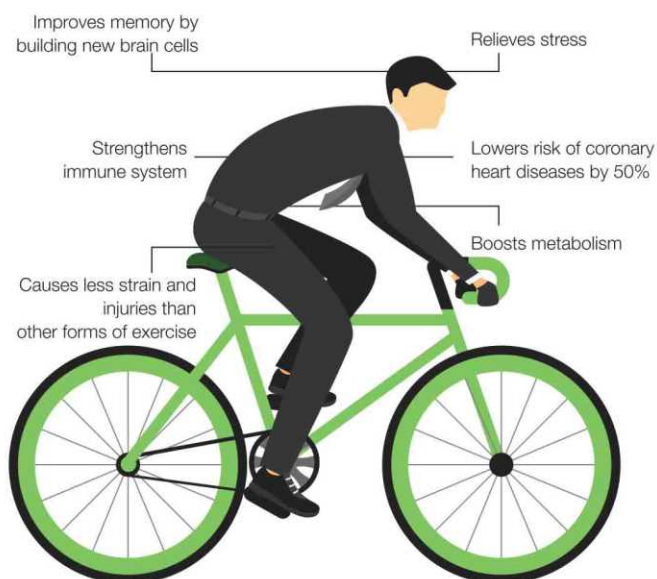


In today's fast paced work culture, maintaining a work-life balance becomes highly essential due to increasingly demanding schedules, high job pressures and high stress levels among corporates. Physical exercise has long been endorsed as the panacea for everything that ails you and cycling as a

form of exercise has numerous health benefits- both for the mind and the body.

DLF Cybercity aims to bring forward this infallible influence and inculcate the habit of cycling as a way of achieving a healthy and well rounded lifestyle.

BENEFITS OF CYCLING



-  20 minutes of cycling adds an hour of sleep everyday
-  Cycling reduces chances of certain cancers
-  Cycling is beneficial for all age groups
-  200-1200 calories burnt per hour (depends on intensity)
-  20 minutes of cycling per day adds 9 years to life
-  30 minutes of cycling per day reduces chances of diabetes by 40%



WITH AN OBJECTIVE TO
ENGAGE WITH
CORPORATE EMPLOYEES
IN A FUN WAY AND
PROMOTE A FIT AND
SALUBRIOUS LIFESTYLE,
DLF CYBERCITY
ORGANIZED
DLF CYBERCITY
CYKULOTHON 2016

It was a three-week long initiative consisting of an indoor cycling event to record the maximum distance in 1 minute by a team of 3 people. Inaugurated on 15th July, 2016 at DLF CyberHub Amphitheatre, hybrid cycles were stationed with synced-in fitness trackers, which successfully drew the attention of working professionals throughout the day.

Spread across DLF Cybercity, employees from diverse demographics came together to have some fun, and try the fitness challenge. It was delightful to witness the enthusiasm around this modest mode of transport that is being increasingly used all over the world in view of its feasibility and positive environmental impact.

The cycle setup exigitly assembled a substantial participating crowd, each with their own motivations. There were some who participated because it refreshed their happy childhood memories, while others were stimulated by the cycles displayed.

Many took it in the spirit of teamwork and inspired others to join in the initiative. The active corporate participation gave immense support to the awareness program.





THE 21 DAY EVENT
 CULMINATED AMIDST A
 HUGE CHEERING
 AUDIENCE ON 5TH
 AUGUST, 2016

With more than a 100 participants each day, the event garnered a massive positive response from employees across companies in Gurugram. What was especially palmary was participation from 10-15 senior citizens who joined the event to test their fitness levels, and inspired many young professionals.

Addressing the crowd at the event, special guest Amit Khatri, ACP, Municipal Corporation of Gurugram said, "We in the corporation always support such events- in partnership and funds. I hope this sets a new trend towards fitness."

Team Axtria who won the challenge, called themselves lucky to record the maximum distance one day prior to the Grand Finale. Each walked away with a 21 gear bicycle along with trophies and certificates as the prize. They said, "We are all into some physical activity or another like cycling, running." Aditya, one of the winning team members, further added on the need for balance between mental fitness and physical fitness; and how he is able to concentrate on work better, now that he cycles daily.

The event earned appreciation on account of being highly interactive. The participants from different organizations interacted with each other for the

first time, and developed camaraderie while competing in the challenge. A collective thought presented forward was to promote cycling not just as a hobby but as a part of everyday schedule. The challenge left corporates on a high note and filled with ebullience about future events.

"DLF stands strong behind promoting work-life harmony and an active living style. A physical activity like cycling greatly reduces stress levels among corporate employees, enhances their productivity and propels them to achieve individual excellence. Moreover, creating a cycle-friendly environment is a part of our social responsibility as it allows an opportunity to give back to nature and minimize our carbon footprint."



Amit Grover,
 National Director-DLF Offices



DLF Cybercity Cykulothon successfully injected a bout of fresh energy and built synergy among the corporate professionals working in DLF Cybercity.





"It was a good experience and in a way motivates people to stay fit despite busy working hours."

BHANU PRATAP SINGH
American Express



"We came just for fun and the experience was awesome. There should be more fitness and fun activities like this, maybe a treasure hunt."

MANOJ SAHU & CHANDNI ARORA
Cienna India



"Cycling is an integral part of my life. I cycle at the academy also. I do it every weekend for 35 kms."

Capt. K.S. YADAV
State Bank Academy



"I feel pretty good and this was competitive as well. With obesity being a major issue in today's age, initiatives like this are needed. We should pick up some activity in which we are comfortable and can sustain, like brisk walk etc."

DEEPAK
Kelloggs



"I play badminton for half an hour everyday for 5 days a week. This event gave an idea of where I am athletically. More of these events should be done."

AASTHA DUA
Cienna India



"I do not exercise at all but I love this concept. This is a very good initiative and will promote health awareness among our peers. A small get together amongst employees from different organizations in the same building should also be done to help break the ice."

RAVI PANAI
British Airways



EVENT SNAPSHOT

TOTAL PARTICIPANTS
2658

TOTAL DISTANCE
1263 KMS.

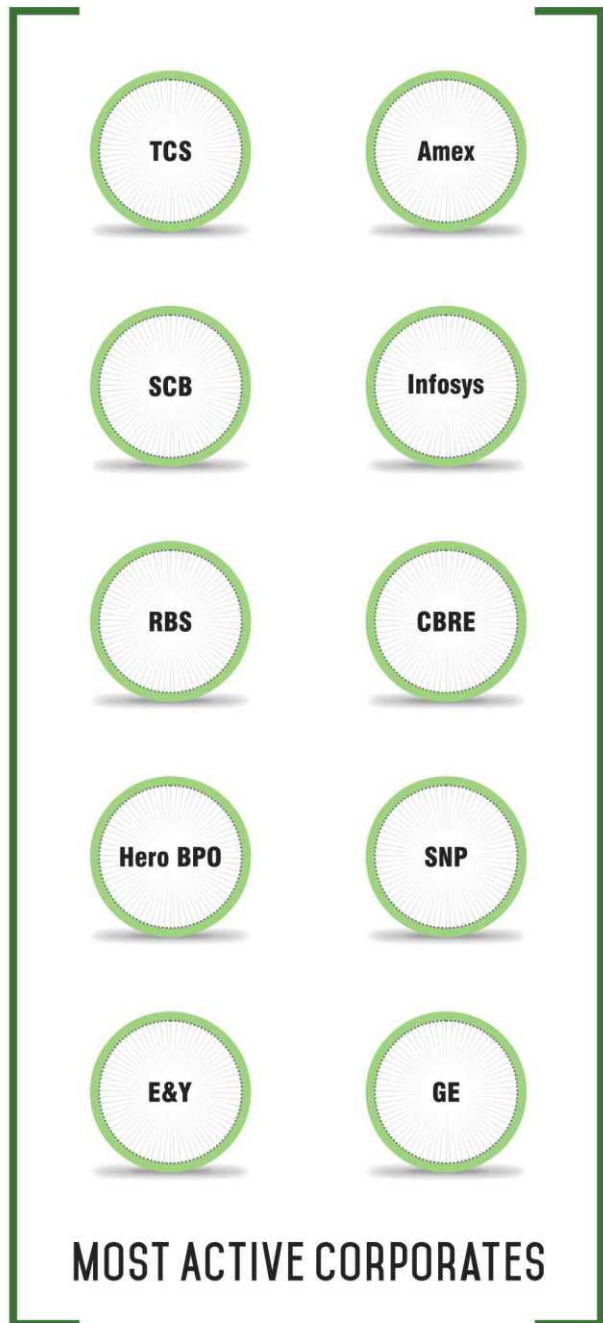
TEAMS PARTICIPATED
886



WINNING TEAM: ADITYA BHANDARI, PIYUSH PURTHI, SUMIT SINGH
COMPANY: AXTRIA
DISTANCE COVERED: 1.902 KMS.



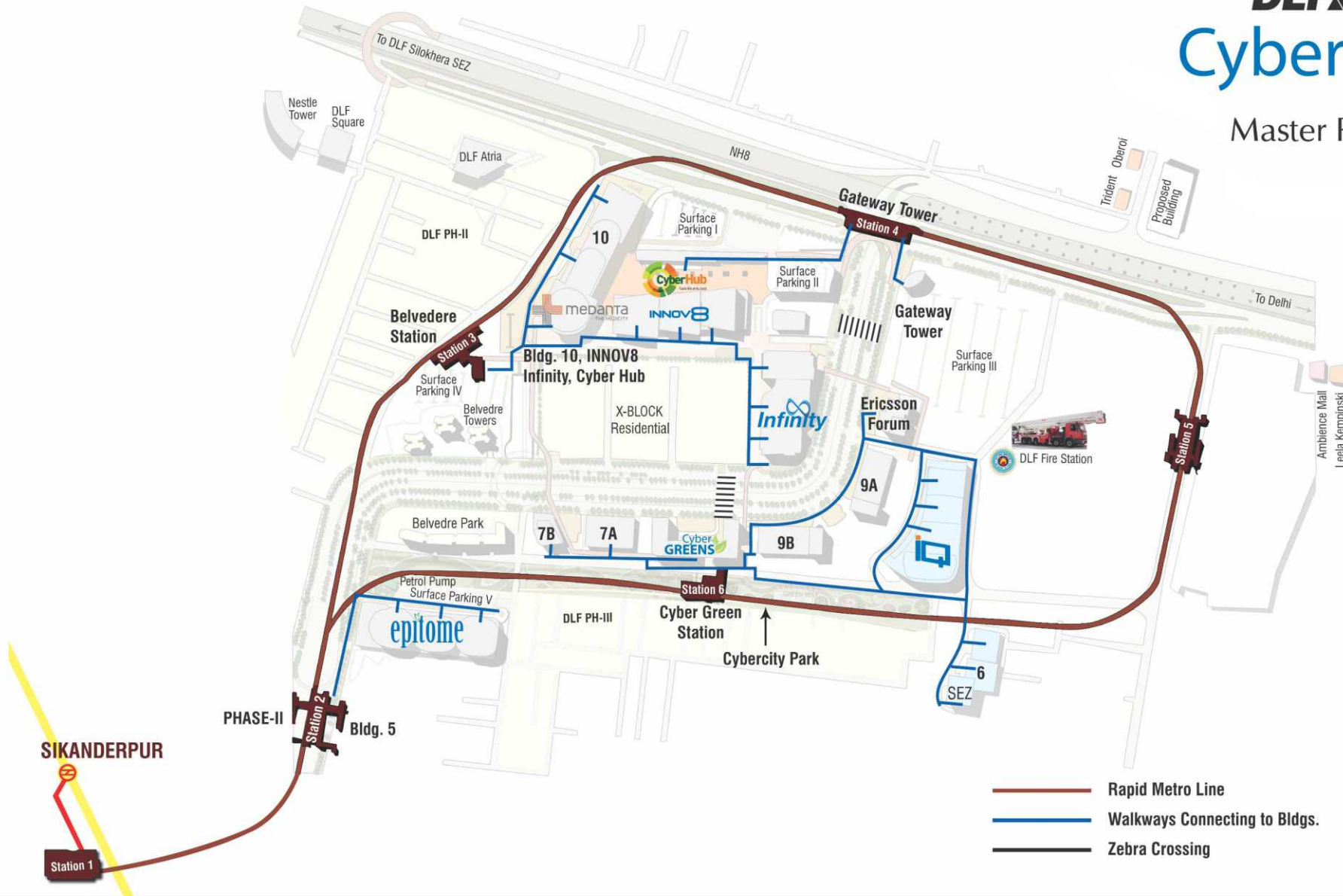
LONGEST DISTANCE: SAURABH RANDAWA
COMPANY: MACQUARIE
DISTANCE COVERED: 0.773 KMS.



MOST ACTIVE CORPORATES



RUNNER UP: SUMIT GOEL, AKHILESH TRIPATHI, ARUN JANGID
COMPANY: NAGARRO
DISTANCE COVERED: 1.874 KMS.



- Rapid Metro Line
- Walkways Connecting to Bldgs.
- Zebra Crossing

Map not to scale

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With effect from 1st April, 2013, DLF has outsourced the general maintenance to "Jones Lang LaSalle" and "Cushman & Wakefield" for our leased office buildings portfolio pan India.

Experience DLF Cybercity at www.dlfcybercity.com and [YouTube /dlfcybercity](https://www.youtube.com/channel/UCdFcybercity)