

## **BIKING: Pedal Your Way to Fitness**

Contrary to popular opinion, it is possible to have fun, get fit and move toward a healthy weight - all at the same time. Whatever your age, you can get all the benefits of physical activity - by just strapping on a helmet and getting into gear on a bicycle or tricycle. Anytime is the right time to get in the saddle again - and enjoy the freedom of biking.

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### **1. BIKING indoors**

Stationary, indoor bicycles have many benefits. They are safe and stable - and can be used in any weather. Better yet, you can read a book or watch TV while you pedal. For a strenuous indoor adventure, try a spinning class at your local gym or fitness center.

### **2. BIKING outdoors**

When you want to bike outside, there are many options - bike lanes, bike paths, bike trails, city streets, country roads and mountain trails. When you share the space with cars or pedestrians, remember to be visible and to ride predictably and responsibly.

### **3. BIKING safely**

Safety starts with the right gear - a well-tuned bike, well-fitting helmet and clothes that make you visible day or night. You also need to know - and follow - the rules of the road. Ride on the right with the traffic, obey all traffic signs and signal your turns.

### **4. BIKING for recreation**

For many people, a steady pedal in fresh air is all they need. For some others, happiness is the companionship of a bike club and group rides on the weekends. Those who want a bigger challenge may enjoy bike races (roads, trails, and hills) or longer biking vacations.

### **5. BIKING for transportation**

A bicycle can be an easy way to do errands or to commute to work. Sometimes biking is even faster than driving. All you need is a bike bag or comfortable backpack to carry a few packages - and a sturdy lock to secure your bike while you are shopping or working.

### **6. BIKING for all ages**

Biking can be fun fitness for the whole family - from tots on trikes to couples on bicycles built-for-two. Small children can be pulled in wagons and older people can enjoy stability on an adult tricycle. Visit your local bike store - where there's something for everyone.

