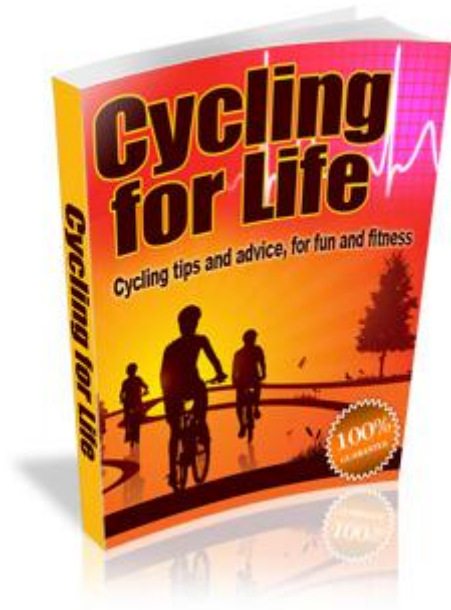


## Cycling For Life



## Contents

Heading into the sunset with the wind at your back .....	3
Bicycle Apparel and Gear .....	3
Bicycle Types.....	4
Bicycle Seats and Comfort Bikes Make Cycling for Life Easier.....	5
Biking Accessories Make Cycling for Life Easier .....	6
Biking Trailers and Cargo Bags Make Cycling for Life Easier.....	7
Competitive Cycling is a Phenomenon.....	7
Cycling as a Family Activity .....	8
Cycling as an Excellent Form of Exercise.....	9
Cycling to Better Health .....	9
Cycling for Cardio Health .....	10
Cycling for Life in the Best Biking Cities .....	11
Great Bike Trails Around the United States .....	12
Cycling for Life By Biking to Work .....	12
Travel Trips for Cyclers.....	13
How to Get Started .....	<b>Error! Bookmark not defined.</b>
Making the Most of Cycling With Biking Events.....	14
Making the Most of Cycling With Organized Bike Rides .....	15
My neighbor is into biking like no one else.....	15
The Cycling Vacation.....	16
No mud puddles to worry about on this bike .....	17
So, you're looking for a exercise program .....	17
The Health Benefits of Cycling for Life .....	18
The Environmental Benefits of Cycling for Life .....	19

## Heading into the sunset with the wind at your back

There are many ways to exercise. These experiences range from walking, jogging, swimming to lifting weights, or an assort of other options. You may exercise with any of these. While each accomplishes results when approached seriously, one form of exercise could be added to the list. Many may consider it as a fun activity, but it truly involves exercising. Plus, it is a way to involve inter-generations. It should be no secret. It's bicycling. And, yes, you may exercise for life with this sport.

If you approach the sport as a lifelong experience, you've taken a great leap in several positive directions for yourself. Among the advantages include that you may bike solo, with family members of all ages, with friends or even competitively. In addition, there are opportunities to bike for a good cause. In doing this, you may raise money for that cause, thus helping someone else and yourself at the same time.

Using the term cycling for life, of course, had double meaning. On the one hand, it's a sport that you may enjoy for your entire lifetime. On the other hand, this sport approached through routine exercise may very well extend your life, and in this way makes your life healthier. Who wouldn't want to shed pounds while seeing the world at the same time, even if that world were your own community? Cycling, as a sport, has grown tremendously in the last decade. And, thanks to stationary bikes, depending upon where you live, is a year-around activity. When the weather is crummy, your bicycle of choice may be that friendly one-wheeler in the family room or basement. It may not take you around the block, but when it's 32 degrees or below, it's a pretty nice seat for watching the world go by, even it is standing still.

Actually, stationary bikes have several advantages for the person who insists upon taking up more than one task at once. If you can chew up and walk at the same time, chances are pretty good that you can ride a stationary bike and read a book at the same time, or heaven forbid, watch your favorite movie while peddle in your basement. Try that while swimming, jogging or skydiving. You can't do it.

But, as you ride your bike off into the sunset, with the wind at your back, it's a feeling you wouldn't trade for all the weightlifting medals in the world. And the best part is that you may cycle for life no matter what your age or condition of that contraption with two wheels, one chain, a handlebar and a seat.

## Bicycle Apparel and Gear

When you ride your bicycle you should consider apparel and gear that will not only bring you comfort but also keep you safe. Consider where you will be riding. What terrain will you be biking through and what is the climate like? Make sure to check the weather before you leave and take the appropriate clothing. Below are some items to consider paying particular attention to in order to make your ride more pleasurable.

When you buy a helmet make sure that it is approved by the Consumer Product Safety Commission (CPSC) and that it is the right size. Everyone's head is shaped differently so try on different helmets until you find one that is comfortable.

Wear the helmet level on your head and adjust straps and buckles for a proper fit. When you are done adjusting your helmet shake your head to make sure that it does not bounce around. It

is one of the most important items that you can purchase and the goal is to protect your head and in turn prevent brain injury.

Some types of apparel and gear to consider are:

- Gloves
- Socks
- Bike shorts
- Jersey
- Jacket
- Shoes

When purchasing rain gear Make sure you are aware of the difference between waterproof and water resistant. To be considered water proof it must be made of water proof fabric and the seams must be sealed. Water resistant is made of material that repels water but is not water proof. Just be aware that there is a huge distinction.

You should always pack up an emergency bike kit. Purchase a small bag that can hook under your bicycle seat. In this bag you should include:

- Tire levers
- Spare tube
- C02 Tire inflater
- Swiss Army knife
- Water bottle to stay hydrated

Drinking enough water is important to many parts of your body, including cells, muscle & joints, brain, kidneys, heart, skin, digestive tract and maintaining your temperature. Even the smallest loss of fluid can affect your concentration and impair your decision making process. Without enough water your body may become overheated and you may not be able to perspire.  
Basic first aid

- Disposable gloves
- Antibiotic ointment
- Sterile dressings
- Adhesive bandages

If you have special needs such as diabetes makes sure you have you glucose monitor with you and some snacks that will help you remain stable. Follow these simple tips and you too can enjoy cycling for life!

## **Bicycle Types**

There are many types of bicycles to choose from. Which you choose should depend on where you will be riding and what your purpose will be.

Some questions to ask are:

Am I riding for pleasure?

Will I be riding for exercise?  
Will I want to go off road?  
How much do I want to spend?

There are touring bikes, utility bikes, mountain bikes and recumbent bicycles, just to name a few. People ride bikes for many reasons. They may use their bike as transportation or just for fun. They can also be used as an exercise tool and for sport. Touring bikes are designed for long trips and have the ability to transport your personal belongings and other gear. These types of bikes are suitable for riding around the countryside and enjoying the view.

Mountain bikes are built to be used off road and have sturdy durable frames and wide-gauge tires. Suspension systems such as gas shocks or air shocks are featured to absorb the impact when on rough terrain.

Recumbent Bicycles are built to maximize comfort and minimize resistance. It may be difficult to get used to being horizontal but if you have any injuries that may prevent you from cycling then you may want to check this type out.

Tandem bikes can be used for those who have some physical challenges. Some considerations are to make sure the bike fits both people. This will help prevent injuries. An important thing to remember is that there can only be one captain.

Downhill biking is usually done on steep terrain. It may not be for everyone.

BMX designed for tricks, stunts and racing on hilly dirt. There are competitions that you can enter and even money to be won.

Single track is a form of mountain biking that is performed on very narrow off road trails that can be steep and narrow with sharp turns and other obstacles. This type of riding takes a lot of upper body strength.

There are bikes that include even the youngest member of the family by attaching a smaller two wheeled bike on the end of a bike.

Ice biking is just what you think it is. People ride through ice and snow. It may not be for everyone because it is more tiring to peddle through the snow. With all of these choices, no one should be left out.

## **Bicycle Seats and Comfort Bikes Make Cycling for Life Easier**

For many who love cycling for life, riding their bikes can be a disappointing experience. While bicycle seats are designed for maximum comfort and efficiency, they are not comfortable for everyone. Many riders experience discomfort while riding or after riding. The shape of the seat can cause soreness or discomfort.

Luckily, there are a number of options for those who love to ride, but who do not love traditional bike seats. First, many recumbent bikes have a different type of seat. If you do not mind the way you have to sit and ride with this type of bike, it is a great option. There are also other

types of comfort bikes that work wonderfully. Additionally, there are special bicycle seats made for people who are made uncomfortable by traditional bicycle seats. There are a few designs that make riding easy while keeping comfort in mind. If traditional bike seats make you uncomfortable, don't worry. You do not have to give up riding because of the discomfort. It is important to continue cycling for life and improving your life, health, and the environment. With a new bicycle or bike seat, you will be able to ride like you love to do and continue exploring. Whether you ride to work or just ride occasionally for fun, it is important that you are comfortable while you are riding.

If you are going to purchase a new bike or a new seat, be sure to thoroughly test all of your options before you make a choice. While comfort bikes and comfort seats are designed specially for people who are made uncomfortable by traditional bike seats, not all models are perfect for everyone. Be sure the one you choose is perfect for you. The salespeople at your local bike shop should be more than happy to make recommendations and to help you make a selection. They should also completely support you trying out all of your options. Many comfort bikes are slightly more expensive than regular bikes, but that is not always the case. Depending on the model and design you want, comfort bike seats can range in price from very inexpensive to relatively expensive. Of course, you should be sure to get the bike or bike seat that makes you feel most comfortable, so you can get the most out of your rides.

## **Biking Accessories Make Cycling for Life Easier**

If you are going to cycle for life, you want riding your bike to be as little of a hassle as is possible. A great way to make biking easier is with biking accessories. There are a number of options when it comes to biking accessories, and much of your choice will be based on basic personal preference. However, there are a few accessories that nearly every biker needs to make cycling for life easier.

Some of the most important biking accessories for bikers to have are lights. If you are ever going to bike when it is dark, or getting dark, you must have lights. Depending on the season, it may be dark in the morning or even late afternoon. If you bike to work or for another purpose during these times, lights are essential. Even if you do not plan to bike when it is dark, you should have lights just in case. A solid light is best for the front of your bike, and a blinking light is best for the back of your bike. You may also want to consider reflective clothing if you will be riding at night. It is important to ensure that any car traffic can see you when you are in or near streets.

Another very important bike accessory for safety is a helmet. Helmets are not required in some states, but they are a great choice nonetheless. While you may be a safe rider, it is best to plan for contingencies. A helmet will help protect your head in the event of an accident, no matter what the seriousness. Lives have been saved by bicycle helmets. Besides, there are some modern, comfortable, and stylish designs available.

A tire pump is another great bicycle accessory to have. In the event that your bike tires ever need a bit of air, your tire pump will be a life saver. While it is easy enough to take your bike to a gas station to use the air machine, a tire pump at home will save you time and money. You should fill your tires with an air machine periodically anyway, but it is nice to have a tire pump around if you need it.

Speedometers are a great accessory to have. Many are easy to use, and they can tell you how fast you are riding, and often how far you have gone. Speedometers are a great way to measure your progress during a goal, and are fun to use besides.

## **Biking Trailers and Cargo Bags Make Cycling for Life Easier**

Those interested in cycling for life do a lot of good for themselves and everyone else. Health improves, less pollution is made, and they lead by example. In fact, biking has become so popular that easy to use and much needed accessories are surfacing left and right.

While they have been around for a while, bike trailers and cargo bags make cycling for life easier. If you have many things to bring with you, but would like to bike, that is no longer impossible. Thankfully, it is easier than ever to bike with additional belongings. Whether you want to bike to the grocery store and need a place for your grocery bags, or want to bike to a camping locale and need space for your tent and more, biking trailers and cargo bags are just what you need. Biking trailers come with a variety of options.

Traditionally, all the biking trailers seen were for kids. Biking enthusiasts could buckle their children in, and tow them behind their bike. Those are, of course, still available, and much improved. However, there are other biking trailers available today as well. In addition to the traditional child trailers, there are trailers made for storing other items too. These are idea for long rides where you must take luggage of sorts, or even for grocery shopping. The possibilities are endless.

Cargo bags are a smaller and less obvious option than biking trailers. These are ideal for a rider who often struggles with how best to take belongings with them on a ride. Cargo bags are the perfect place to store a briefcase, laptop, files, and a change of clothes if you ride to work. Also, they are perfect for relatively small trips to the grocery store. If you are taking an overnight camping trip, cargo bags can usually hold a small tent and some basic supplies.

How you choose to use your biking trailer and cargo bags to make cycling for life easier is your choice. The options are limitless, and you are sure to find something that works for you and that you enjoy using. With the option of bringing everything you need with you wherever you choose to bike, you might just bike more often, and do more good. The best way to make a choice about a biking trailer or cargo bags is to visit your local bike shop, and browse the options.

## **Competitive Cycling is a Phenomenon**

You probably feel as though you see more cyclists out on the road these days. Not only are people turning to cycling for better health, but they are turning to it as the ultimate rush. Many have looked to cycling as a competitive sport and have reaped the benefits in the process. Nobody ever used to think of cycling as a legitimately competitive type of sport, but this is the way it is now. It can start with something simple like just one race, and the phenomenon usually starts from there.

What's drawn a lot of people in is that many charity and non-profit groups started sponsoring cycling events to help raise money for their given causes. This pulls at the heart strings of many

people and they want to do whatever they can to help. This is where the turning point comes in because once somebody begins with cycling, particularly when it's for a good cause, they're hooked! There are so many great benefits to cycling and when you couple it with the possibility of helping a good cause, it's a no brainer.

Those who sign on to participate in a cycling charity race have no idea how rigorous the training can be. To be able to participate effectively in these races that usually range anywhere from 1-3 days for their completion means months of cycling training and conditioning. It's essential to build up your body, tolerance, and ability to cycle for lengthy periods of time before you can be prepared to participate in the actual race. This is where cycling takes on a different meaning for so many people as they become almost addicted to the way it makes them feel and craves the rush they get from setting out on another cycling path or mission of the day or week.

It's not to say that everybody gets involved in cycling in the same way, but there is definitely a bigger draw to the sport due to so many competitive events rising up. This is great for the non-profits that have money raised for them and excellent for the individuals who get in shape and get drawn into such a rewarding sport. It's really no wonder that as somebody trains for a competitive race; they are quickly pulled into the world of cycling and all it has to offer. This has truly turned into a phenomenon and the good news is that cycling shows no signs of slowing down anytime soon.

## **Cycling as a Family Activity**

It seems that the battle of the bulge has hit just about every age group and walk of life. There is a serious epidemic of childhood obesity happening in this country, and therefore families need to figure out ways to get and stay fit. As many families try to think of attractive ways to get fit together, they often turn to cycling. This is an excellent way to burn some calories, get in shape, and enjoy some family bonding time. So for those families searching for a family activity that will allow them more time with each other and even help them to get in shape, cycling is the answer.

Parents want the best for their children, and when they see that their kids are unhappy or overweight they quickly realize that it's time to do something. The problem with so many types of exercise out there is that they feel too much like exercise and therefore kids won't stick with it.

Cycling however offers something easy to get into, interesting, and presents an excellent opportunity to bond with the family unit as you get fit. This is truly a win-win for many parents as they get to spend some time with their kids and allow them to get in shape in the process. For most kids, cycling doesn't feel like a massive undertaking or an exercise regimen, it is instead something to look forward to as an activity to do with mom and dad.

Cycling can start off rather simply as just a spin around the neighborhood or even around the block if you need to start small. The key to getting kids involved in any activity is to start off slowly and ease them into the physical part of it so that they don't get bored or frustrated.

Cycling can start off slowly and be built up to giving kids some great goal setting potential as they build up their endurance and ability. Once the family overall starts to get in better shape, then it's time to step it up and find some fun routes and paths for the family to travel on. Cycling can quickly become something to look forward to whenever time permits as every time out is a new adventure. The kids can get involved in picking the spots or paths that the family sets out

on. You quickly see how cycling can not only become an excellent family bonding activity, but one where the entire family gets in shape without ever feeling like they are exercising.

## **Cycling as an Excellent Form of Exercise**

People never used to look to an activity such as cycling as a robust fitness regimen, but times have changed. Those who used to think that cycling was just a leisurely activity have a lot to learn as this can be one of the most intense and efficient methods of exercise. If you're looking for a good workout, then look no further from cycling as it will help to get you fit and lean rather quickly—it can work wonders when compared to other simpler exercises that you could do in the gym.

Cycling as an excellent form of exercise is definitely something worth looking at, but you just need to log the miles to make it impactful. You get an amazing lower body workout, as well as pulling in the use of your arms, chest, and back as you bike your way to a better body. This is one of those exercises that pulls in every aspect of your body to propel you forward and that is what makes it one of the most comprehensive and effective workouts out there. The world of cycling is changed forever as people quickly realized just how much this form of exercise can create the body that so many are after.

If you log the necessary miles through cycling, you will see the weight literally melt away. You will then see your body start to get toned as you build up muscle in all the right places. You will see the most immediate changes in your legs and lower body overall as these are the muscles working the hardest in cycling. If you are after a toned physique then this is the way to go without a doubt. When it comes to cycling though, you need to be sure that you build up slowly to avoid injury.

Cycling can be exhausting and intense, but well worth it in the long run. You will feel as if you can only go short distances at first, but it's really smart to build up your endurance over time. Cycling can not only help you to look better, but to feel better and certainly will build confidence in the process. So if you have been struggling to find an excellent form of working out but couldn't quite get into something that was effective and fun, then look no further than cycling. For many, cycling is the most comprehensive and effective exercises out there.

## **Cycling to Better Health**

So many of us are struggling with weight issues or health conditions in some capacity, and something really needs to be done. So when it comes down to getting in shape and feeling better people turn to sports and exercises that they feel comfortable with. This is where cycling comes in as people look to this familiar sport as an easy form of exercise. Most people can benefit from getting healthier and this can contribute to living a longer life that is much more enjoyable. As people start to realize that, they want to find something that will help them to quickly get in shape and still enjoy the activity while they are doing it.

Cycling to better health is a very familiar concept. If you think about it, many of us spent a good many years of our childhood on bikes so the concept is rather familiar and comfortable. This is one of those exercises that doesn't always feel like exercise, though you do need to make a commitment to see the effects. They say that the two best ways to get yourself in better shape

and looking the better picture of health is with proper diet and regular exercise. One without the other doesn't work and so along with the healthy eating comes the need to exercise. This is the point at which many people turn to cycling as their chosen form of getting fit and feeling better overall.

Cycling can help you to burn major calories, but in a gentle way that doesn't wreak havoc on your body. People of all ages and walks of life can enjoy cycling and that's what makes it so very appealing. You can find some excellent trails outdoors to practice your cycling skills and if the weather turns bad, you can find some excellent options indoors as well. Cycling is very approachable and so for those that wish to gain better health, they turn to this as a starting point. You can perform cycling on your own or with others so it makes it one of those activities that works for just about any situation. If you're looking for an exciting form of exercise or have a vested interest in getting healthier for any number of reasons, then cycling may be just the activity that you have been looking for. Even if you haven't been on a bike for year, cycling can offer a gentle way into the world of exercise and get you feeling better almost immediately.

## **Cycling for Cardio Health**

### Cycling for Life

You truly can cycle for life and improve your cardio health while doing it. Cycling will strengthen heart muscles and is also deemed an excellent cardiovascular exercise. Before beginning any exercise program, check with your doctor. Cycling is a low impact exercise that one can enjoy throughout their life time.

Heart disease can include:

- Coronary artery disease
- Aorta disease
- Vascular disease
- Pericardial disease
- Heart valve disease
- Heart failure
- Abnormal heart rhythms
- Congenital heart disease

Prevention:

- Quit smoking
- Lower cholesterol
- Control high blood pressure
- Exercise

The benefits of a good cardio workout are that it builds your endurance and even increases your lung capacity. Endorphins are released and will give you a natural high. You should elevate your heart rate for 20 minutes, break out into a sweat. Vigorous exercise for 45 minutes every other day will be beneficial to your heart.

Exercise is also a stress reliever and we all know that stress affects your heart. There is a link to heart disease and stress. You will always have stress but the trick is to control it and not let it

control you. When your stress level rises adrenaline increases your heart rate and blood pressure. Cortisol is a stress hormone is also released and increases sugars in the bloodstream. This in turn changes your immune system, reproductive system and digestive system.

If you do not want to cycle outside, you can sign up for a spinning class at your local gym or buy a stationary bike. The best thing to do is try a spinning class first to see if it is something that you want to do before investing in any equipment.

If you want to ride outside then you should consider visiting your local bicycle shop and getting fitted for a bike that is right for you. You want it to be comfortable and easy to control. Some types of bikes to choose from, depending on what you will be doing are touring bikes, mountain bikes, recumbent bikes, downhill bikes and those that are fitted for wheelchair racing.

Cycling for life is not only a fun sport to take up but is also heart healthy and stress relieving. There are so many benefits that come with cycling. You can include your whole family or go solo. You can ride through the countryside and enjoy the sounds.

## **Cycling for Life in the Best Biking Cities**

Whether you bike occasionally for fun or enjoy frequently, serious rides, it is good to know the best cities to bike in. Perhaps you have a friend who lives in one, and you need to know if you should bring your bike when you visit. Or, there could be a city near you, or even the one you live in, that you just have to explore.

Portland, Oregon, is often cited as the best biking city in the United States. With rivers, mountains, forests, and other natural wonders around, it is no wonder. Portland is a bike friendly city with bike lanes on many major roads, and even some special roads just for bikes. If you want to commute to work here, it is very easy. Or, if you prefer, it is a great place to take a leisurely ride.

Minneapolis, Minnesota, may be surprising to some. However, when it is not snowing, it is a great place to bike. This twin city is very fun to explore, and a perfect place to bring a bike. Seattle, Washington, is another excellent place to ride your bike. With the Puget Sound just nearby, you are sure to get an excellent view when you reach the top of a city hill. Even with the notorious northwest wet weather, biking in the fresh air of Seattle is hard to beat.

San Francisco, California, is one of the most unique places in California. What could beat a great view of the gorgeous Golden Gate Bridge, or biking down the most windy road in the world? With new and exciting things to see on every street, it is no wonder San Francisco made the list.

Madison, Wisconsin, is a very bike friendly city, and this does not seem to be changing. In Madison, you can bike around the city or around a lake. The bike routes are marked well and easy for even inexperienced bikers to use.

Austin, Texas, is often compared to Portland, and it is easy to see why. Both of these great cities are on the list of the best places to bike. Austin is bike friendly, and there are so many things to see. You get the benefits of a place like Portland without the pesky northwest rain. Of course, there are many more great cities to bike. In fact, you could make the most of just about any city by biking it. Talk about cycling for life, making a habit out of biking cities is sure to improve your health and the environment!

## **Great Bike Trails Around the United States**

Whether you are a novice biker or an experienced one, you need to know where the great bike trails are. Even if you cannot visit and ride them all, it is possible you will be able to ride some of them. The experience of the greatest bike trails are fantastic, and bikers of all abilities will love them.

In every single state, there are bike trails that are perfect for cycling for life. Some are in urban areas, others are in rural areas. There are a number of bike trails that have been converted from rail road tracks. Some trails are paved, others are dirt or grass. No matter where you live, there are bound to be great bike trails somewhere nearby, or at least in your state. The Okanogan Region of Washington state is on many lists as one of the best biking trails around. In northern Washington, between Spokane and Seattle, is this great place to bike. Fantastic views, wildlife sightings, and fresh air await.

The driftless area of Wisconsin is in the southern part of the state. This part of the state has hills and valleys that are very fun to ride in. If you are a novice rider, it may be best to wait until you have a higher level of expertise. The ups and downs of riding in this area can make for a tough ride.

Cajun County in Louisiana, offers some fantastic scenic views. Bordering the Gulf of Mexico, there are also swamps, bayous, and more for your viewing and riding pleasure. It can get pretty hot, so be careful of when you choose to visit and ride. Sugarloaf Mountain in the state of Maryland is a great place to ride for fresh air, views, wildlife sightings, and a cool breeze coming off the water. An added benefit is the relatively close proximity to Washington, D.C.

Finally, Acadia National Park in Maine, has long been a mecca for bikers. There are so many trails, over one hundred miles worth, that it seems impossible to see everything. This national park allows camping, so it may be best to stay the night and get the full experience. Wherever you live, there are great places to ride your bike just waiting to be found. Even if your state is not known for being bike friendly, you just have to look for places to ride. Many hiking trails allow bikes, so consider looking into hiking trails if you cannot find many biking trails. Just be sure to confirm that bicycles are allowed.

## **Cycling for Life By Biking to Work**

Biking to work can be a tall order, even for the devoted biker. Given changing weather conditions, time constraints, and more, it is a hard commitment to make. The best way to start biking to work is slowly. Perhaps start with one day per week, and then gradually increase the frequency.

In some places, it just is not feasible to bike to work year round. However, you certainly can bike to work during summer, spring, and at least part of fall in most locations. If you live in a more southern state, you may be able to bike to work all year long.

Biking to work will save you money on gas, which is one of the more obvious benefits. However, it will also save you stress since you do not have to sit in traffic and be stressed. Also, you will be getting a great deal of exercise that you normally do not get. Even if your job is a mile from your house, if you bike to and from work everyday, that is ten miles of biking that you would not have had each week. Not only that, but biking instead of driving helps the environment, because the exhaust from your car is not increasing pollution.

If you want to cycle for life, biking to work is one of the very best ways to do it. There are many things you can do to improve your health, and biking to work is a great way to start. The exercise you get while riding your bike to work is very impressive. There are few other ways to get as much exercise and contribute so much to your health on a daily basis. Besides, most people do not have an hour or two each day to spare in order to visit the gym. Instead, add some time to your commute, and work out on your way to work.

It is easy to get a storage basket or bag for your bike, so you can bring a change of clothes with you on your bike, and even a briefcase or backpack. This way, if you get dirty or sweat a bit while riding your bike to work, you can still look clean cut and professional when you arrive, as soon as you change. There are many ways to cycle for life, and biking to work is just one way to start. It is easy to try, and many people live close enough to their place of employment to try it. So don't wait, start cycling for life by biking to work today.

## **Travel Trips for Cyclers**

Cycling is one of those sports that you can learn when you are young and carry on well into your golden years. In fact, you can cycle for life. Do you remember when you received your first bicycle? Did you have training wheels? Remember the excitement when you could ride without them? The thrill of knowing that you can brake and stay upright is one memory that you may never forget.

One of the best things about cycling is that you can do it with your friends or ride alone. You can ride near the oceans, lakes and rivers. There are touring groups that will take you along back roads to see countryside that you would otherwise just pass by if you were in a car. There are biking trails in many parts of the country now where you can ride through cities as well as the countryside. You can also book a biking trip through many countries and experience unique cultures.

When you are choosing a trip, consider if you want to go on your own or with a guided tour. Guided tours can be fun and safer for you if you are not of an adventurous spirit. The downside of it is that you will have to follow them and not be able to take side trips. Each has its good and bad so make a decision based on what you are comfortable doing. Use your favorite search engine to find travel options. Some are eco-friendly and include the option of walking and biking which might be something you would be interested in.

Once you decide where you want to go, pay attention to some of these rules of the road:

- Headphones should not be worn while cycling
- Fill medical prescriptions
- Make sure you are familiar with all of your equipment
- Purchase an extra pair of glasses or contacts or take along your prescription
- Pay your bills before you leave
- Take along a major credit card and/or traveler's checks
- Leave a copy of your itinerary with a trusted friend or family member

Above all, make sure you train well before you leave but do not over train so much that you are too tired to enjoy the trip. Maintain a level that will consistent with the geographical area where you will be riding. Ask others who have done this for their suggestions and cycle for life.

## **Making the Most of Cycling With Biking Events**

If you are interested in cycling for life, and making the most of cycling, you must look into biking events. Cycling for life can be cycling for others or for yourself, and it is a great way to improve the world around you. You can help the environment, your health, and even raise money and awareness for others.

Many biking events are charitable events, so you can feel good about biking and having a good time. These biking events can make money for a charitable organization in a number of ways. First, they often charge an admittance fee to riders. For example, you may have to pay twenty dollars, but that money is donated to the organization the ride is for. Or, you may need to obtain sponsors who will donate to the organization and support you riding.

More often than not these biking events are relatively long, and often have stops for resting and restrooms. Many times, they will also have obtained corporate sponsorship in products, and will hand out refreshments like water, energy drinks, or energy bars. These donated items are free to riders. Because of this, most of the time you will get back in products the money you paid to ride in the first place, depending on the amount. Biking events like this are similar in many ways to marathons, except you are on a bike instead of running or walking. The length of biking events vary considerably, depending on the purpose of the event and the route.

There are also many biking events that are not for charity, but are just for fun. Depending on where you live, there may be biking events meant to explore the local area, such as riding across all the local bridges or riding up and down a local mountain. Most big cities offer a lot of biking events, and with a little research, you can find the ones that interest you.

Whether you ride in a biking event for charity or for fun, you can rest assured you are still biking for life. After all, the more you bike, the better it is for your health, and the more you are improving yourself. Not only that, but you are encouraging those around you and those who see you riding to ride themselves, which can make a huge environmental impact. Leading by example, in other words, is a surefire way to cycle for life. And riding in a biking event is a great way to make the most of cycling.

## **Making the Most of Cycling With Organized Bike Rides**

More and more people today are interested in improving their lives with cycling. Biking to work, to the store, or just for fresh air and exercise are incredibly common. Biking is also a great way to meet new people and discover things in your area you never knew existed.

A quick internet search can help you find local bikers who are trying to connect with others. If you find a group that bikes together, see about joining them. There are often multiple groups that organize large bike rides and welcome new members. Usually these groups are free. It is likely that you will be able to find rides that fit into your physical abilities. If you are a relatively new rider, look for a ride that is short and not too strenuous. Most groups have a lot of rides, and you do not have to participate in them all.

Riding with a group can also be safer than riding alone, because your group of bikers will be very visible. Joining an organized bike ride will be fun, interesting, and could even be an educational experience. If you are new to an area, or just new to biking in an area, you will surely discover all sorts of new things. It is highly possible that there are all sorts of neat things in your area you have never seen before. On a bike, you can go many more places than in a car.

If the organized bike ride is large enough, it is possible that some streets will even be shut down, increasing your safety immensely. This is not immensely common for everyday rides, but for big riding events it happens all the time.

If you love to ride your bike, you just have to make the most of cycling with organized bike rides. All you have to do is show up and ride, so it is much easier than planning a route out for yourself. Not only that, but you are sure to meet other riders who very much enjoy riding, so you know you will have something in common with them.

Depending on the length of your organized bike ride, there may be breaks worked into the schedule. This will give you time to rest, use the bathroom, and eat, as needed. Many organized bike rides are just around a local area for an hour or two, and others are of a longer distance and perhaps even overnight. Be sure to pick an organized ride that you feel comfortable with.

## **My neighbor is into biking like no one else**

Could it be that you have a neighbor like mine? He's into biking like no one I know. You might say that he's into cycling for life. And, you know, I'm a bit envious. I believe he's on to something worthwhile. His cycling interests have taken him to points on the map that you've never heard of. He's met scores of interesting people along the way. Plus, his interest in cycling is good for him. His hobby is not only that, it's also a way he keeps physically fit. It's all for fun, but serious, too.

Get him starting talking bicycles and he won't stop. You see, to me a bike has two wheels and chain. Not to my neighbor, who cycling is a lifetime adventure. He can tell the difference between a mountain bike, all-terrain, tandem or kid's bike at 200 yards.

Talk about his cycling knowledge. Whoa. His biking-accessory lingo is like an encyclopedia. We're talking bag, fenders, leg bands, bells, locks, horns, water bottles, racks, mirrors and kickstands. All this time, I thought there was just a basic kickstand. Not so. There's the classic kickstand made from aluminum alloy. He told me that the advantage to this style is that it is lightweight and doesn't corrode. There's the retro top-plate kickstand. It's made for improved clearance. Then, there's the old Z-shape kickstand. It's top plate fits more frames with tighter clearances. And, of course, there's the rear stay-mount kickstands. Prices vary on all these, as you might have guessed.

My neighbor's bicycle interests have helped him stay fit. His weight's dropped from couch potato to slim. He even looks younger and I know that his heart rate is something he could really brag about if he chose to. It's also enabled him to involve his family, on the older end and the younger end of the age spectrum. You see, in cycling, there's a bike for every size, shape and interest level.

One of the nice things about taking up biking for life, as in my neighbor's case, is that you can start with a pretty basic bike. I've seen him hand down last year's bike to a younger family member, while he moved up from a basic 10-speed to a 27-speed. Yikes. Not to worry, he says shifting gears is like, well riding a bike. Funny thing, he's now got me hooked. The last time he upgraded bikes, he offered me a deal on what might have been his trade it. You know what? I'm bike and enjoying it, too. You might even say that I've taken up cycling for life. I've already dropped one inch around the belt. Who's complaining? Not me.

## **The Cycling Vacation**

Many people are looking for alternative vacation types these days. Either because of tough financial times or the necessity for a more creative type of getaway, people are looking for alternatives that can offer excitement and a more budget friendly option. This is about the time that many people turn to cycling as a vacation option. The beauty of a cycling vacation is that it involves some great physical activity and also a way of checking out the scenery in the places you visit. Cycling offers all the various aspects of what people look for in a vacation and therefore has become a very popular activity to center a vacation around.

A cycling vacation can take place anywhere. It can be on a campground, at a national park, or as part of a bigger vacation. All it takes is a bicycle and some perseverance to check out the local scenery and take in some new trails. This is appealing for the individual or family who wants to stay fit even on vacation, or for those that wish to see every inch of the place they travel to. Cycling is a friendly activity as it appeals to people of all ages, and therefore makes it approachable and fun. There are even some places out there that offer no motorized vehicles within their perimeters, allowing only bicycles. This is the perfect venue for those that want to check out the beauty of nature and get back to a more simplistic way of living. This is the basis of a great cycling vacation and makes many people seek these vacations out quite often these days.

Cycling as a vacation option never used to be quite so popular, but then again the sport has gained some major attention lately. Couple the increase in popularity of this sport with the fact that people need to take more cost effective vacations in tough economic times and you find that a cycling vacation is truly a slam dunk for everyone. If you are willing to take a more adventurous route for your vacation needs, and you want to get fit in the process, then this is

definitely an excellent option. If you have never considered a cycling vacation, then now may be the time. You can find some great destinations, trails, and visit some really great places in the process. To see the land and get in some exercise in the process, a cycling vacation helps you to accomplish it all.

## **No mud puddles to worry about on this bike**

Today, persons are exercising at nearly any age. While the older one gets, the choices may appear to be limiting. One exercise choice for persons of any age is bicycling. In fact, cycling for life is an option that many persons entering their senior years have chosen in keeping fit. Say you've reached your fourth decade or even higher. You aren't as fit as you once were, but you still want to work up a good sweat and feel in control of things. There are still several options for exercise. Among them is swimming, jogging, low-impact aerobics, and, yes, biking. For the 40-year-old, or older, for example, biking becomes a good exercise option, especially for persons with osteoarthritis of the knees. And the best answer for a knee problem may be a stationary bike.

The good news is that stationary bikes come in many forms. For example, there's the upright stationary bike. It's perhaps the most common stationary bike that comes to your mind. It resembles a street bike, except that gears replace its wheels. The good thing about uprights is that they don't require much space. They feel very natural, especially to the biker who really wishes to be out on the road. In addition, some upright bike exercisers claim that they obtain a better workout than riding on the street. That's because on a stationary bike there is more effort placed into the ride.

Another stationary bike option is the recumbent stationary bike. It's especially helpful for persons with balance or back problems. These bikes also offer more padding. In many cases, recumbent stationary bikes may be easier to ride and read or watch TV during the workout. While comparing stationary bikes, don't forget about the dual-action stationary machine. It combines upright exercise with movable handlebars. This option gives the rider's arms a real workout. While many stationary bikes boast lower-body workouts, the dual-action bike offers better all-around total fitness. Usually these bikes cost more and are often larger than other stationary bikes.

So, if cycling for life is your thing, but age is a barrier, a stationary bike may be the answer. Workouts on stationary bikes are low-impact; yet enable the biker to burn lots of calories. Perhaps the best feature of a stationary bike is that the chances of hitting an unexpected mud puddle are slim to none. It's not a bad way to spend an hour or so while exercising.

## **So, you're looking for a exercise program**

Let me guess. You'd really like to take up an exercise program. You'd like to do something that, well, puts that exercise guru neighbor of yours in the dust, so to speak. You know the neighbor. The slim one who belongs to the fitness club. In addition, for reasons you can't explain, this neighbor always looks healthy, probably because whatever exercise routine is followed is done with meticulous care.

So, where does that put you? Here's a thought. How about checking all those two-wheeled objects in your garage. You know the ones. They come equipped with a seat, handle bars and a reflector or two. Sadly, they also include cobwebs from lack of use. It's a sad site, you and those objects. Let's call them bicycles built for you. The beauty of those sleek machines is that with some effort you might become the envy of every exercise queen or king living next door. Beyond that, age doesn't matter. Cycling could, in fact, be the thing for you. The best part is you already know how to ride. The most difficult part may be hauling the bike down from its storage area on the garage wall to the floor, where it belongs. Actually, it belongs on the road with you and your bike helmet heading north.

Go ahead; there it hangs like a forgotten trophy. Pretty sad, isn't it. But, using the even sadder cliché, "Today is the first day of the rest of your life," might be all that's needed. Simply get on that bike and change your life. Cycle for the rest of your life. Here's some advice for those just starting out. Think of cycling as a hobby and as an exercise experience, because that's exactly what it is. Beyond that, just to play it safe, take your cycling machine to your nearby bicycle shop. It may need a good going over before you launch into a five-mile venture.

You'll happily discover that the bicycle repair guy treats most two-wheelers like a kid with a new puppy. He'll check your brakes, seat, hand bars, tires, chain and reflectors. Did we miss anything? Once you get the repair shop's green light, head for the hills, baby. Remember, there are always two sides to the hill ahead. One way goes up, but the other goes down. Cycling for life is sort of like the stock market in that sense. What other sport can you name that offers peaks and valleys. Only, unlike the stock market, it's much more fun going down than up.

## **The Health Benefits of Cycling for Life**

There are so many health benefits to cycling for life, it is almost impossible to enumerate them. As such, only a few will be explored. Everyone knows that biking is a great way to improve health, but it is important to know just how good biking is for you.

Biking is one of the best types of exercise, for a number of reasons. First, for many people, it is easier to burn calories on a bike than doing another activity. The reason for this varies person to person, but many people agree it is because biking is so fun. Also, it is easy to do. There is even a saying about how people never forget how to ride a bike. Even if you have not ridden a bike in years, chances are you still know how.

A great health benefit of cycling for life is that your metabolism will increase. Exercising in general jump starts your metabolism, allowing you to burn more fat and calories. With an increased metabolism, it will be easier for you to reach any health goals you may have, or even a target weight if you want to shed pounds.

With a higher metabolism and regular exercise on your bike, you will start to burn fat. Even if you do not necessarily want to lose weight, burning fat is good. Most people have a higher percentage of body fat than they should, and burning that fat helps keep you healthier. While burning fat on your bike, you will also be building muscle. Riding a bike is an activity that utilizes mostly your lower body, but it does work your core and your upper body a little as well. Building muscle will help give you a healthy look, feel better, and be stronger. It is unlikely that you will build more muscle than is healthy or than you would like if you are not trying to do so, so do not worry about that.

Biking also helps you keep up your endurance or stamina, especially when you bike as a cardiovascular activity. It is important for your overall health that you increase your heart rate while exercising. While you may not want to bike rapidly for your entire ride, perhaps doing so for a mile or two will be a big help to your health.

Finally, exercising has been said to increase your overall level of happiness. Of course, getting fresh air while you go for a ride is sure to elevate your mood anyway. With both physical and mental benefits, cycling for life seems like a great choice.

## **The Environmental Benefits of Cycling for Life**

If you are considering becoming a biker, or if you already are a biker, you know there are a number of benefits to cycling for life. You can improve your own health, the health of those around you by leading by example, and even the world around you by helping the environment. While helping the environment can seem like an astronomical task, it is possible to affect positive change with small steps. You likely already to a number of great things, such as recycle or reuse containers. Cycling for life is just one more step you can take to ensure the world becomes a better, healthier place.

When you bike instead of drive in your every day life, you do a great deal of good for the environment around you. For example, you are helping the noise level on your commuting route to decrease. If your vehicle is not driving its normal route, it is not making noise. This decreased noise level helps the areas you drive through and around to become more livable communities. While it may seem as if just one car missing from your commute route will make a difference, the fact is that it will.

You may not notice, but it does have an impact. An in influencing others to bike like you do, you will be decreasing the noise level even more. Of course, one of the most obvious environmental benefits of cycling for life is pollution. Even cars that boast great gas mileage give off pollution in their exhaust. If you bike instead of drive, you are helping to decrease car emissions, which helps less greenhouse gases develop. Perhaps you do not want to bike to work each day. If you bike to work even one day a week or month, your actions will have great consequences. If every single person biked to work only one day a week or month, the environmental benefits are almost unimaginable.

Finally, leading by example is an environmental benefit of cycling for life in and of itself. If you inspire even one person to bike occasionally instead of drive, you are impacting noise level and pollution levels even more. Even if you do not convince someone outright to bike, somebody may watch you ride passed them on your way to work each day, and that will help convince them to do the same.



# The Quest to Manage Weight

Whether it's weight loss or weight gain, whether it's five pounds or fifty, almost everyone in our society – irrespective of gender or age – has dealt with **some form of weight issue**.

Often excess weight and weight loss issues revolve around slow metabolism and lack of energy. So, detoxification and system cleansing are frequently needed to boost both metabolic rates and energy levels.

**Achieving weight loss and maintaining a healthy weight** are crucial factors in sustaining both physical and psychological wellbeing. Shedding those extra pounds not only helps protect the body from heart disease, hypertension, arthritis, diabetes and other physical ailments, but also from mental problems like stress and depression.

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

## View Natural Products for Weight Management

- [Metabolism & Weight](#)
- [Detox & Cleansing](#)
- [Energy](#)

### ***Two Important Differences in Native Remedies Products***

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and

therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [\*Manufacturing & Full Spectrum Approach\*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

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