

## A spring in your step

The clouds and fog are lifting, the snow is melting, the sun is shining a bit brighter and the days are getting longer.

You are beginning to put away the winter coats and stepping lighter. Since spring heralds a beginning why not try some new physical activities for this re-birth of nature. Think of something you have always wanted to try or something you did as a child and re-visit it.

How long has it been since you rode a bicycle. Did you know that cycling strengthens your lower back muscles as well as your legs? If you would like to try cycling for the first time or would like to revisit it, check out the local bicycle stores for tips on classes in your area and to get maps for local trails. Remember to have reflective clothing or straps, lights, and a helmet. If your bicycle has been sitting in the basement or garage for several years it is recommended you have it checked and repaired at a reputable bicycle shop in your area.

Remember hula-hooping as a child? Well, it is back in a very adult style with all the fun of being a child. As a child we did not think of strengthening our core muscles and balance; we simply had fun. As adults we think of those areas and it has been proven that hula-hoop promotes good balance, strengthens the core which is also good for balance, relieves back pain and helps with healthy digestion and elimination. Wiggle and have fun!



Perhaps you have always thought about hiking a particular mountain trail but not comfortable going on

your own. This might be the year you checked into the various outdoor clubs in your area and “take that hill/mountain.” You will feel so accomplished that you might want to explore other hills/mountains.

The well worn adage that “variety is the spice of life” refers to our physical activity regimen as well. To prevent us from getting bored and to access as many muscle groups as possible it is recommended that we introduce new activities. It is fun, exciting, keeps us engaged in our activities and helps us appreciate what our bodies and brains can accomplish. Remember, exercise is also good for the brain.

If this is your first time with an activity give yourself sometime to appreciate its nuances and the new muscle areas.

Don't forget to reward yourself after your amazing achievement. Examples of rewards:

- A quiet uninterrupted corner listening to your favourite tape
- A long warm bath with all the accoutrements you want
- A gourmet meal in the appropriate portions and delicious fresh fruit for dessert
- A nice long yoga stretch to lengthen those muscles (providing you know how) and if you don't this might be the year you checked out a yoga studio. Stretched muscles are healthy muscles.

## References:

Bike sense booklet (I have a few to share)



# LIVING ACTIVE IS LIVING WELL

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Here's a simple proposition for NYC cyclists: **always yield to pedestrians.** As our potential to cause harm increases on the street, so does our responsibility to others. Slowing down and giving someone the respect they deserve will go a long way towards fostering a sense of shared responsibility that will ultimately make NYC streets better for cyclists, pedestrians and even drivers.

Cyclists, as the fastest-growing commuter group in NYC, are the most obvious ambassadors for calmer and more livable streets. Cyclists often know, in painful detail, the fear and havoc that automobiles can bring to NYC streets. Let's not pose a similar threat to pedestrians in the walking capital of the world. Instead, let's seize this opportunity to usher in a new era of safer, saner travel. Join us in this moving revolution:

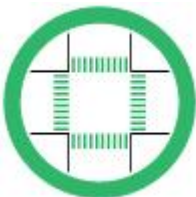
## **Biking Rules for NYC**

### **Biking Rules Street Code: Lead By Example**



#### **PEDESTRIANS RULE**

Pedestrians always have the right of way. PERIOD.



#### **CrossWALKS**

Leave crosswalks free and clear for safe walking. A bike in the crosswalk can take up as much space as a car.



#### **CLAIM A LANE**

Claim space on the street, not the

sidewalk. We know we hate it when cars drive in bike lanes.



#### **RIDE RIGHT**

Ride in the direction of traffic. When we're on bicycles, we ARE traffic! And it is safer for everyone else on the street.



#### **UNTANGLE INTERSECTIONS**

No one can see how good-looking our bikes are if we speed through intersections. And new cyclists will be following our example. Take a break and relax at red lights.



#### **LIGHTEN UP**

Don't be invisible. Front and rear lights are our eyes to the world at night and make us bigger and brighter on the street.



#### **SOUND OUT**

Having a bell lets people know we are approaching and it's fun to make some noise! Give your bike bling some ring.



#### **HELMET HEAD RULES**

Bike brains are beautiful, and NYC needs them if we are ever going to convince more people to ride a bike! Learn to love that helmet hair.

Although these tips are from NYC, they apply here in BC as well. **Cycle Safely!**