



[Career Options](#) | [Career Resources](#) | [Keeping in Touch](#)

Where Life Meets Nursing

Your Personal Side

Your Personal Side

▶ **HealthWise**

- Sun, Fun and Fear
- Shaping Up in the Summer Heat Can Be Tough Business
- Seasonal Affective Disorder
- Past Articles...

▶ **Family Matters**

- Nurse Your Child's Summertime Boredom
- Mommy, Where Does Mother's Day Come From?
- Should we be able to decide what foods our children consume?
- Past Articles...

▶ **Your Finances**

- Give the Best Gift of the Holiday Season
- How to Save Money
- Demystifying Financial Advice
- Past Articles...

▶ **Arts and Entertainment**

- Last Minute Summer Vacation Guide
- Your 2006 "Best Of" Beach Guide
- Sizzling Summer Pad - Courtesy of the Great Outdoors
- Past Articles...

▶ **City Guides**

- | | |
|---------------|-----------|
| Austin | Baltimore |
| Boston | Durham |
| Los Angeles | Miami |
| New York | Orlando |
| Philadelphia | San Diego |
| San Francisco | Seattle |
| Tucson | |

[Home](#) > [Your Personal Side](#) > Sports for Life: Fitness, Fun, and Biking

Sports for Life: Fitness, Fun, and Biking

by Barbara Eisner Bayer

Do you remember your first bike? Regardless of what kind it was, you probably rode it with a feeling of freedom and joyous abandon. You might have tooted around tooting your horn or dinging your bell with the breeze blowing through your hair. Most likely the last thing on your mind as you rode your bike was that you were getting exercise.



Sports for Life
Biking

Yet biking is one of the best ways to stay fit throughout your lifetime. You can burn between 300 and 400 calories during a 30-minute ride, but perhaps best of all, biking has a major advantage over many other fitness activities: It doesn't feel like exercise. Whether you're

running errands or riding to enjoy the scenery, bicycling just feels like fun.

Choosing a bike

New bicycles may cost between \$200 and \$6,000, but used bikes often can be purchased for as little as \$5 at yard sales. There may be some up-front maintenance costs to get your bike in tip-top form, but after that, costs are minimal. In fact, other than buying your bicycle, biking for fitness is relatively

Seattle, WA
Naturally pleasant, technically prime.

Orlando, FL
There's more to Orlando than just Mickey Mouse!

New York
Arguably the most interesting city in the country.

Visit Our Partners:



cost-free.

Because there are many different types of bikes, choosing the kind that's right for you is easier if you take the time to determine how you'll use it.

- Mountain bikes are intended for rugged terrain; they have fat tires for better traction and low gears that make it less strenuous to climb hills.
- Trail bikes look like mountain bikes but they're lighter and can't handle the same type of wear and tear. They're ideal, however, for recreational riders.
- If you want to ride with more comfort, try an aptly named comfort bike. These have wide pedals, shock absorbers, and some extra padding for your derriere.
- Distance bikers may prefer a road or touring bike, which is designed for higher speeds and more intense aerobics workouts.
- Hybrid bikes are a combination of mountain, trail, and comfort bikes, and are good for general all-around use.
- And if you're the romantic type who enjoys exercising with a partner, investigate a tandem bike, the "bicycle built for two."

Safety first

Your rides will be more enjoyable if you observe the following basic safety measures:

- Always wear a helmet. According to the Consumer Product Safety Commission, wearing a helmet will reduce your chance of serious head injuries by 85 percent. (And in most states, wearing a helmet is the law.)
- Drink plenty of water during your ride.
- Wear brightly colored clothing so motorists can see you more easily.
- Carry emergency supplies, such as a patch kit for your tires, spare change, and a cell phone.

Get Ready, Get Set, Go

If you're out of shape, start with 20- to 30-minute rides, three times a week.

Story Features	
	Email This Story
	Print This Story

You'll want to pedal fast enough to work up a good sweat, but not become completely out of breath.

As your stamina increases, you can increase your riding time to 30 minutes, five times a week.

(Increase your speed, too, so you can ride for longer distances in the same amount of time.) The more you ride, the easier it will become.

And if you're out of the bicycling habit, it's simple

to get started again. Just find an available bike,
put your feet on the pedals, and rotate your legs!

[Home](#) | [About Us](#) | [Feedback](#) | [Site Map](#)

[Career Options](#) | [Career Resources](#) | [Keeping in Touch](#) | [Your Personal Side](#)

©2004 NurseVillage.com. All rights reserved. Reproduction of any material from any NurseVillage pages without written permission is strictly prohibited.