Advice For Starting A Bicycling Exercise Routine

Bicycling is an easy and fun recreation that can help improve cardiovascular health and strength muscles, and it also gives you a sense of well-being. It’s also easy to incorporate into your day. On a bike, you can run errands, commute to work or simply enjoy a leisure ride through the park.

To help women and men take to the road to better health, May-o-Pic and the Diet Rite Women’s Cycling Team offer the following tips for getting started with a simple and enjoyable activity.

• Check with your doctor. Before going out for a bike ride or embarking on any type of exercise or fitness program, it’s a good idea to talk with your phy-sician. If you haven’t exercised in a long time or if you have certain medical conditions, your doctor can help you develop a program that is best for you and the most benefi-cial for you.

• Choose the right bicycle. For riders who want to lose weight or simply enjoy a leisurely ride, a mountain bike and a road bike. City bikes are designed for use around town, but they may not be as suitable for everyday riding. Mountain bikes are better equipped to handle more rugged terrain, such as dirt roads and more rugged terrain, such as dirt and gravel, as your body progresses. Try to cycle at least three times a week when starting out, but limit the amount of time on your bike to less than an hour each ride. You also should avoid big hills the first few months. As you become more comfortable on your bike, you can increase your mileage about 10 percent per week.

• Practice your form and technique. According to May-o-Pic, fluidity is important when bicycling. Concentrate on your pedal stroke, and make sure you apply an even amount of pressure throughout the entire revolution. Avoid stomping down on the pedal, and instead push downward and then pull the pedal backwards and upwards. This technique will not only increase your performance, it will also exercise more muscles. May-o-Pic also recommends selecting a gear that allows you to spin the pedals at about 60 to 80 revolutions per minute. This pedal cadence will generally be the most comfortable and efficient for beginner cyclists, and will help prevent stressed joints and strained muscles.

• Stay motivated. Maintain- ing a regular exercise program can be difficult. If you find your-selves becoming bored with your cycling routine, there are several ways to stay motivated. First, find a fitness partner. Cycling is a sport that can be enjoyed with friends and family, too, varying your route. Instead of rid-ing on the same streets day in and day out, take a detour and explore other areas that are more scenic. May-o-Pic also suggests setting goals each day and keeping an exercise journal to track your progress. Finally, be sure to reward yourself if you’ve main-tained your exercise program, treat yourself to a massage or a special treat.

• Follow the rules of the road and cycle safely. Bicyclists must obey the same rules as motorists, so it is important to understand all the traffic laws in your state. In addition, be sure to wear a bicycle helmet and bright clothing to keep motorists aware of your presence. The Space Station Research shows that bicycle hel-mets can reduce head injuries by up to 85 percent.

In addition to these tips, May-o-Pic recommends the Diet Rite Women’s Cycling Team recommend seeking out a local bicycle club for addi-tional information and guidance on your area, local trails and special events.

To learn more, visit the Diet Rite Women’s Cycling Team Web site at www.TeamDietRite.com.

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