Shopping for a Bicycle?

It’s important that you pick a bicycle model that is right for you – and that you can count on to stop when you hit the brakes. Before you make a purchase, check out these tips from Laura Remaly and Matthew McGoey, owners of the All American Bicycle Center in Damascus, MD:

- When seated to ride, you shouldn’t have to strain to reach the handlebars, and your back should lean at a 45 to 60 degree angle.
- When you’re sitting with the heel of your foot on a pedal pushed all the way down, your leg should extend straight.
- When sitting on a seat with your legs in standing position, your tiptoes should touch the ground.
- When you squeeze the brakes, the lever should pull only halfway to the handlebar – not all the way.
- Lift up and spin the front wheel of the bike. The wheel should spin until you apply the brake, and it shouldn’t make any noise.

And don’t forget: protect your head!

There are many excuses for not wearing a helmet: Most are ugly, tight and stifling. Go to the Good Housekeeping web site to see what helmet the testers loved that meets safety standards, shape, fit and look. Google “A Bike You’ll Like” and select Safe Comfortable Bikes – Goodhousekeeping.com.

Made in the Shade...

When picking out sunglasses, make sure that you’re getting full (100%) ultraviolet protection. Think about a wraparound design, for added protection of your peripheral vision. Lens color has no bearing on UV protection, so get whatever looks and feels best. Also, polarized lenses add no additional UV protection; they simply cut down on glare.

http://www.webmd.com

Digging for Trouble

WebMD reported in 2007 that, in the past decade, there were 31 fatalities reported and 21 cases of people buried in the sand after the hole they were digging collapsed on top of them. Do we need to remind you that digging a huge cave, under a narrow band of sand, could result in your death by suffocation? You would think not, but the WebMD report shows that beachgoers seem to ignore the obvious sometimes.

Further, large holes that have been dug and not refilled can ruin another person’s vacation because of an injury. Holes are especially dangerous to people walking along the beach at dusk or nighttime.

Beach holes are very hard to see after dusk. Many people walking the beach have suffered serious leg injuries after falling into holes. Others have driven their ATVs or 4x4s into beach holes, causing damage to the vehicle, or injuring themselves. Please keep others’ safety in mind the next time you’re playing in the sand. If you dig massive or even narrow holes or trenches in the sand, try to destroy your ‘work of art’ before you leave the beach—if the rising tide hasn’t already done so!

John Cooper, “Outer Banks, NC Tourists Digging Beach Trenches Create Hidden Injury Risks To Beachgoers”

Smart Summer Snacks

Summer is here and that means the kids are home from school. Instead of letting them graze all day, encourage your kids to stay on a meal schedule. Help them plan smart snacks, like:

- Raw vegetables with low-fat dip
- Fresh fruit
- Homemade popsicles made from 100 percent fruit juice
- Italian ice
- Pudding made with low-fat milk

As with other food choices, snack with variety, balance and moderation in mind. Smart snacking can make between meals eating a valuable part of a healthful eating style for the whole family.

Produced by ADA’s Public Relations Team