

ACTIVE LIVING

Resources & Tips

Discover how to live a healthier lifestyle with resources, tips, and programs that will get you moving in no time!

WASHOE COUNTY
HEALTH DISTRICT

ENHANCING QUALITY OF LIFE

gethealthywashoe.gov

CYCLING

QUICK CHECK

Quick release: Check that the release levels are secured.

Check: Bike a small loop to listen and feel for any rubbing, clicking, noises etc. that may suggest something is not working correctly and needs attention.

TIPS:

- Wear a **properly** fitted helmet
- **Obey** all traffic laws
- Have a **front** headlight and a red **rear** light
- Ride **predictably**
- **Carry** tools and supplies
- Be **visible** to traffic and other bikers
- Wear **reflective** and weather permitting clothing
- Use the **correct** signaling
- Be **prepared** in advanced, especially when approaching an intersection.
- When in the bike lane- **avoid** the door zone, **be aware** of traffic that may cross your path

ABC SAFETY CHECK

Air: Check your tires-if they give a bit, they need air

Brakes: Check the brake pads-if they are worn, replace them.

Chain, Crank, Cassette: Check that chain is running smoothly, lightly oiled and clean when spinning backwards.



Event of a Crash

- Be safe, stay relaxed and calm.
- Call the police and follow the reporting law.
- Check on parties involved.
- Check bike for damages. Take photos of the crash site and document your activities following the crash.
- Report near misses to Vision Zero
- Reach out to insurance company.



HIKING



PREPARE FOR YOUR HIKE

- **Decide** on the trail.
- Let someone know you are going on a hike, **show** the trail you will be hiking.
- **Invite** someone to join.
- Eat a healthy and **nutritious meal**.
- Pack backpack with **essential** items.
- Wear the **correct** clothing and shoes for the hike.



BACKPACK ESSENTIALS

- Map/GPS
- Compass
- Flash Light
- Spare Batteries
- Rope
- Sunscreen
- Whistle
- First-Aid Kit
- Water & Snacks
- Multi-Purpose Tool

TIPS



Hike with a group or buddy

Take necessary items-avoid carrying too much weight

Decide on a hike that best fits your fitness level.



Always follow the trail and signs

Bring enough water



GENERAL EXERCISE

Walking

- Slowly incorporate walking into your daily routine
- Increase your walk 10 min/2 weeks until you reach 30 min/day
- Bring a buddy or pet companion
- Walk around your neighborhood or to your local parks



Weight Training

- Slowly add weight training to your daily routine
- Master the perfect form before adding weights
- Remember warming up, stretching, and rest days are important



Find a park near you!

parkfinder.washoecounty.gov

Recommendations

- Always wear **appropriate** clothing
- Wear the correct shoes for each activity
- Drink enough **water**
- Always ask for **help** from a physical trainer or fellow fitness colleague
- Have **FUN**



Try Something NEW

Yoga

Swimming

Dancing

Sports

Pilates



RESOURCES

CYCLING

- Bicycling - RTC Washoe
- Truckee Meadows Bicycle Alliance
- Kiwanis Bikes
- Reno Bike Project
- League of American Bicyclists
- CDC - Bicycle Activity Card

NUTRITION

- MyPlate
- Dietary Guidelines for Americans

HIKING

- Washoe County Park Finder
- Washoe County Trails
- American Hiking
- National Park Service-Trails and Hikes

GENERAL EXERCISE

- CDC - Physical Activity Guidelines
- American Heart Association - Recommendations for Physical Activity

**Scan for more
information!**

