

# ACTIVE LIVING

## Resources & Tips

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

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**Public Health**

[gethealthywashoe.com](http://gethealthywashoe.com)

# CYCLING

## QUICK CHECK

**Quick release:** Check that the release levers 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



Find a park near you!

[parkfinder.washoecounty.gov](http://parkfinder.washoecounty.gov)

## 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



## 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!**



**NEVADA**  
**Wellness**

**Get Out! Get Healthy!**