

Healthy Lifestyles – Marshfield Area Coalition’s

Hints for Health

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health.” Check out these tips to participate in and stay safe during May’s National Bike Month. Enjoy!

Celebrate National Bike Month in May: Wear a helmet!

Families are ready to get outdoors and bicycling is a popular choice—especially so in May, which is National Bike Month. Celebrate by being safe—wear a helmet!

A bike helmet is an essential piece of safety gear. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85 percent.

But a bicycle helmet is only as good as its fit. The helmet should be comfortable, touch the head all the way around, and be level and stable enough to resist even violent shakes or hard blows and stay in place. It should be as low on the head as possible and held level on the head with the strap comfortably snug. Expect to spend 10-15 minutes getting your helmet properly fitted.

Did you know...

Helmets are important, but riders also need to understand and follow the rules of the road: Obey traffic traffic signals and rules, ride with traffic, signal turns, and never “ride double” or do any stunts on a bicycle.

You can visit Marshfield’s annual Bike Rodeo on Saturday, May 14th at Marshfield Fairgrounds expo building between 10am-1pm. If you are one of the first 200 children to visit, you will receive a free bike helmet! There will be drawings for a girl’s bike, boy’s bike and adult bike helmets!

You can get discounts at participating businesses if you ride your bike and participate in the NEW Marshfield Bicycle Discount Program between May 16 and July 31, 2011! Stop by our booth at the Bike Rodeo or contact Sara Richie for materials and a sticker for your bike helmet, richie.sara@mcrf.mfldclin.edu or 715-221-8429.

Bike to Work Week is May 16-20 and we encourage everyone to take the opportunity to save gas money and hop on your bike on Friday, May 20th.