Biking is Good for You!

All family members can benefit from regular exercise. Exercise benefits include:

- Weight control
- Stronger muscles and bones
- Increased energy levels
- Strengthened immune system
- Decreased risk of illness and disease
- Enhanced quality of sleep
- Increased ability to handle physical and emotional challenges
- And, improved overall quality of life!

Try to get outside for 30 minutes of biking or other activities 3-4 days each week.

Bike Safety 101

- Wear a properly fitting helmet, with a snug fit on your head and covering most of your forehead
- Always ride with a friend or tell someone where you will be riding
- Wear bright/light colored clothes to stay visible and avoid riding at night
- Wear closed toe shoes
- Place reflectors on the front and back of your bike
- Look both ways for traffic and check driveways for incoming/outgoing traffic
- Check the air in your tires and brakes before every ride
- Always wear at least SPF 30, any time of the year

Go Crusin’ on the Escondido Creek Trail!

This Bike path follows Escondido Creek, away from the main road and removed from vehicle traffic.

DON’T FORGET TO CHECK OUT THE
ESCONDIDO FARMERS’ MARKET!
FARM FRESH FOOD FOR YOU EVERY
TUESDAY ON GRAND AVE FROM
2:30 – 6 PM

Nutrition for the Active Biker

<table>
<thead>
<tr>
<th>Before your Ride</th>
<th>During your Ride</th>
<th>After your Ride</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Snacks:</td>
<td>For an energy boost on long rides:</td>
<td>Time to refuel your body!</td>
</tr>
<tr>
<td>~ Banana</td>
<td>~ Sports drinks</td>
<td>~ Recovery drinks</td>
</tr>
<tr>
<td>~ Whole wheat toast</td>
<td>~ Energy bars</td>
<td>~ Protein shakes</td>
</tr>
<tr>
<td>~ Oatmeal with berries</td>
<td>~ Gel Packs</td>
<td>~ Peanut butter and banana sandwich</td>
</tr>
<tr>
<td>~ Low-fat yogurt and granola</td>
<td>~ Dried Fruits</td>
<td>~ Pasta with tomato sauce</td>
</tr>
<tr>
<td>~ Fruit smoothie</td>
<td>~ And Water, Water, Water!</td>
<td>~ Baked potato</td>
</tr>
</tbody>
</table>

**Hydration is key**

Visit these websites for healthy recipes and nutrition information:

Department of Agriculture is a great source for nutrition information, portion sizes, and healthy recipes at www.choosemyplate.gov

Cooking Light, with hundreds of healthy recipes at www.cookinglight.com

Eating Well website offers hundreds of healthy recipes as well as tips for healthy eating on a budget. Visit at www.eatingwell.com

Escondido Bike and Repair Shops

- Bicycle Warehouse
  2750 Auto Parkway, #21
  Escondido, 92029
  760-233-9900

- Bike Bling
  333 E. Grand Ave
  Escondido, 92025
  760-314-3450

- Centre City Cycles
  2065 S. Escondido Blvd
  Escondido, 92025
  760-746-3742

- Escondido Bicycles
  528 N. Broadway
  Escondido, 92025
  619-237-0901

- Hidden Valley Bicycle Store
  1040 E. Valley Parkway
  Escondido, 92025
  760-746-1509

- North County Bicycles
  738 W. Washington Ave #C
  Escondido, 92025
  619-741-4966

- Dick’s Sporting Goods
  1200 Auto Park Way
  Escondido, 92029
  760-233-2700

- Sports Authority
  1532 W. Valley Parkway
  Escondido, 92029
  760-735-8501

- T Ryx Recumbent Trikes and Bike Vault Bike Shop
  316 W. Mission Ave Ste 117
  Escondido, 92025
  760-741-0411

This information is presented through a partnership with the City of Escondido and National University Nursing Students.
Escondido Creek Trail spans from the Escondido Transit Center to Daley Ranch. This bike trail follows Escondido Creek, providing over 4 miles of safe biking trails with access to:

- Grape Day Park
- Community Garden at Lancing Circle
- Shopping Centers
- Nearby Washington Park
- And much more!!!