

# Taking a Ride on Your Bike

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May 6, 2014

According to a recent report from the Centers for Disease Control, four out of five Americans do not meet requirements for the recommended amount of weekly physical activity.

What is that requirement? Two and a half hours of aerobic activity, such as running or biking.

May has been designated as National Bike Month by the League of American Bicyclists. In Ellensburg, biking is one of the easiest, most affordable ways to meet your aerobic activity requirements.

The City of Ellensburg Non-Motorized Transportation Plan highlights some of these benefits: sunny weather, flat-topography and friendly speed limits. Even at the outer city limits, a trip to downtown usually takes no more than 15 minutes — even at a leisurely pace.

Picture this: After a stressful day at work, you are making dinner and realize you need something from the store. Rather than

reaching for the car keys you grab your helmet and bike lock. The sun shines down as you hop onto your bicycle — maybe you have a comfortable cruiser or a nimble road bike. You begin pedaling, your heart rate goes up and you pick up speed — this is what it feels like to be alive. As you get into your rhythm, you notice things you may have overlooked before: springtime blossoms, a swelling stream or even your neighbor's new paint job. After getting to the store you might look a little weird, slightly flushed and out of breath, but it's totally worth how awesome you feel.

A lot of people say they are too busy for aerobic activity. However, if you put in the recommended 2 ½ hours on your bike, you would travel around 40 miles every week. That might include grocery trips, a ride to the farmers market or even your morning commute! Cars are certainly convenient, but this month mix it up and include biking in your daily routine.

“Healthy Investments” is a monthly series chronicling ways to improve your physical and financial health by relying less on willpower and more on tiny habits.