

What Should I Drink?

- When exercising for less than an hour, drink water.
- When exercising for more than an hour, drink PowerAde Zero, Propel, or have a piece of fruit like an orange or a mandarin.

Why Should I Ride?

1. Increases Energy
2. Increases Metabolism
3. Weight Control
4. To Feel Better
5. Reduces Disease like Diabetes
6. Increases Duration of Life
7. Lowers Blood Pressure
8. Prevent and Slows Arthritis

Comments:

Hi, my name is Savannah Nobles. I am on the track team at the University of South Alabama my event is the hammer throw. Before I started participating in track I was a gymnast for 10 years at Planet Gymnastics. Right now I am working towards a degree in Health.



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Aerobic Exercise



Bicycling



Safety Tips

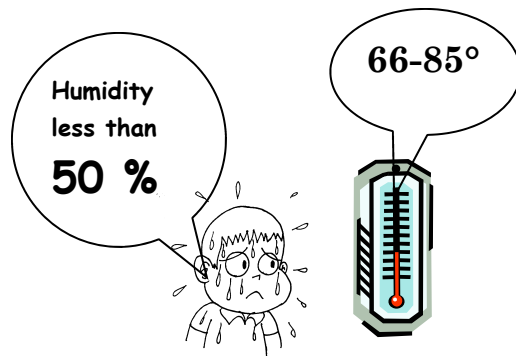
- Always ride with an ADULT.
- Always wear a helmet.



- Ride on the side walk or bike trails.
- Wear proper clothing and make sure its bright colors: Tennis shoes, T-shirt, Workout pants.



- Best weather for riding bikes:



How Much Should I Do?

- To burn calories exercise for 30 minutes without stopping.
- To prevent diabetes exercise for 60 minutes without stopping.
- Anything in between these times is great!
- You should not be able to hold a conversation while riding, if you can, your riding too slow.

Beginner

- Ride with training wheels.
- Start with riding ____ miles.



Intermediate

- Ride 3-5 miles without stopping.



Advanced

- Ride 5-10 miles without stopping.
- Add hills to increase intensity.

