



all ages who bask in the great atmosphere. Perhaps you could cycle to raise money for charity and set yourself a new challenge at the same time by entering the London to Paris bike race later this year?

Safety on the roads

However, there is no denying that for some people, safety is a barrier to taking up cycling with many believing that cycling on the roads is dangerous.

In a survey, conducted at the national UK cycle show in October 2007 by bike lighting specialist, Pedalite International, 61% of cyclists complained that cars and lorries come too close to them, causing them to wobble or throwing them off balance and 51% said that their biggest worry was not being seen.

I would recommend that cyclists take every precaution to add lighting to their bikes to ensure they can be clearly seen by cars and from any angle. It is particularly important they choose lighting that enables them to be seen by motorists when they stop at road junctions – this is where three out of four accidents involving cyclists happen, according to the Royal Society of the Prevention of Accidents.

Because of these worrying statistics, I campaign on behalf of Pedalite International Ltd, which offers battery-free 360 degree visibility pedal lighting to enhance cycling safety. Powered solely by cycling energy, Pedalites provide always-on lighting, so bikes can be seen any time day or night. What's more, they flash from every angle, so cyclists can be seen at road junctions, from up to 1km away and critically from the side. Pedalites start flashing as soon as the cyclist starts to pedal and the lights stay on for up to five minutes after the pedalling has stopped, protecting the cyclist at road junctions. Pedalites make bikes seem wider too - the flashing lights create a virtual cycle lane, so cars give them a more space and distance eliminating the likelihood of accidents.



Give Away

Pedalites are giving away a set of Pedals and toe clips to the first person, whose detail will be selected at random on the 30th June. To enter please email your name, address and contact details with the subject heading 'Pedalites' to rachel@wellbeingmagazine.com



Here are some of my other top tips to ensure you enjoy cycling but remain safe on the roads:

Always wear a helmet

Wear reflective clothing to ensure you are as visible to motorists as possible


Give your bike regular safety check ups – any good bike shop will provide a service and this is essential if you are using your bike to commute

Pump up your tyres and check your oil

Always ensure you carry spare batteries for your lights

Fit battery-free Pedalites on your pedals – the flashing pedal lights will ensure you can be seen any time day or night and of course, remember to have fun!

p i l a t e s



Pilates is a precise and safe exercise method which can be adapted to suit all ages and fitness levels, by strengthening the deep abdominal and back muscles, flexibility, muscle control, coordination, tone and posture is improved. Using breath to link a series of movements, mind and body are integrated resulting in increased energy and relaxation.

One to One • Two to One • Group Classes

Information & Booking
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