

Rider Education Report

Hello everyone. I would like to thank all our veterans for keeping this great country of ours free so we can enjoy riding how, where and when we want.

November is the month I like the least. The weather, especially the temperature, is all over the place, the days are short, the animals are active on the highways, the leaves are littering the roads, and work gets really busy. All of this makes me want to just stay inside and sit at my desk or just watch TV. Some of you may feel the same way. But this is not the best response to the situation. I recently was speaking with a chiropractor, and he agrees with the saying "Use it or lose it."

Physical activity is one of the most important steps adults, especially older adults, can take to maintain physical and mental health, along with quality of life. Scientists have proven that being active can help reduce the risk of obesity, high blood pressure, diabetes, osteoporosis, stroke, depression, colon cancer, and premature death. Yet today, according to the Centers for Disease Control and Prevention, more than 60% of older adults are inactive.

I would like to suggest that instead of becoming sedentary during the winter months you work to be just the opposite. Here are two areas on which to focus:

Strength training prevents sarcopenia, which is the muscle deterioration that comes with aging, and it also helps maintain bone mass. Balance is a factor of muscle strength, and balance is important in riding motorcycles.

Aerobic activity keeps the heart strong, lowers blood pressure, and relieves anxiety and depression. This does not have to be like the Tae Bo or Insanity workouts as seen on TV; your aerobics can be as simple as walking or gardening. Some health clubs offer water aerobics for a no-impact workout that is great for the heart and lungs, especially for people with arthritis. Other activities that also count are washing your motorcycle, dancing, carrying the laundry or the groceries, skating, or scrubbing the floor. A regular routine of activity helps when you need to climb the stairs or play with the grandchildren. It will also give you a good base when it comes time to start riding again in the Spring. As a word of caution though, be sure to consult your health care provider before starting any new exercise program.

Until next month, stay active and be safe.

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