It is a common misconception that all exercise requires additional effort and time. In reality, moderate exercise can be as simple as taking a walk in the park. To follow the recommendations of the American Heart Association, adults should aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week.

To stay hydrated during exercise, it is important to drink enough water. The amount of water you need depends on your body's size, shape, and activity level. As a general guideline, the American College of Sports Medicine recommends drinking about two to three quarts (or 10 cups) of water 2–3 hours before exercising and another eight ounces (or one cup) before starting.

Riding on streets is a common practice for many cyclists. However, it is important to be aware of the rules of the road and to ride safely. First, ride to the far side of the road, right hand corner, and dismount bike. Then, carefully look both ways and move to the left hand side of the road to cross the intersection. Do not go straight across the intersection. To cross the intersection, make sure to yield to pedestrians and slower traffic. Always lock the frame and front wheel to either a pole or a tree to add security, use both.

Biking on streets is a great way to stay active and explore your community. However, it is important to be aware of traffic and to ride safely. Always ride in a straight line and follow the rules of the road. Share the road with other users and be courteous to everyone. The Door Zone is dangerous and should be avoided. If you are riding in the road, always ride on the right side of the road and follow the traffic rules. Keep to the right and share the road with pedestrians and other traffic.

Always stay alert and be aware of your surroundings. Be a safe and responsible cyclist and enjoy your ride on the streets of Pueblo West.