

Compliments of Jodee Harris

essential living

308

Roadside Attractions
Worth Braking For

**No-Mow
Lawn Ideas**



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Pack your bags and get ready for the best adventure you'll have all summer! We may not have a final destination in mind, but that's okay because this trip is all about what's along the way. From giant beagles in Idaho to castles in Colorado, we're setting off to discover the wacky roadside attractions of America.

In case that isn't enough excitement, our guide to polo sports is sure to keep you entertained between stops. With options from canoe polo to bike polo, you may even discover a new sport to try!

Before you hit the road, though, you'll want to get some inspiration from our drought-tolerant landscape ideas so you can enjoy your cross-country journey without worrying about how your lawn will look when you get home.

After seeing all the unique roadside attractions, you may be feeling like your home could use a little more personality. We put together a DIY wall art guide that will help you create the perfect piece to spruce up your space!

— From the Publisher



**Which roadside attraction
are you most attracted to?**

Scan the QR code to cast your vote!

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essential living

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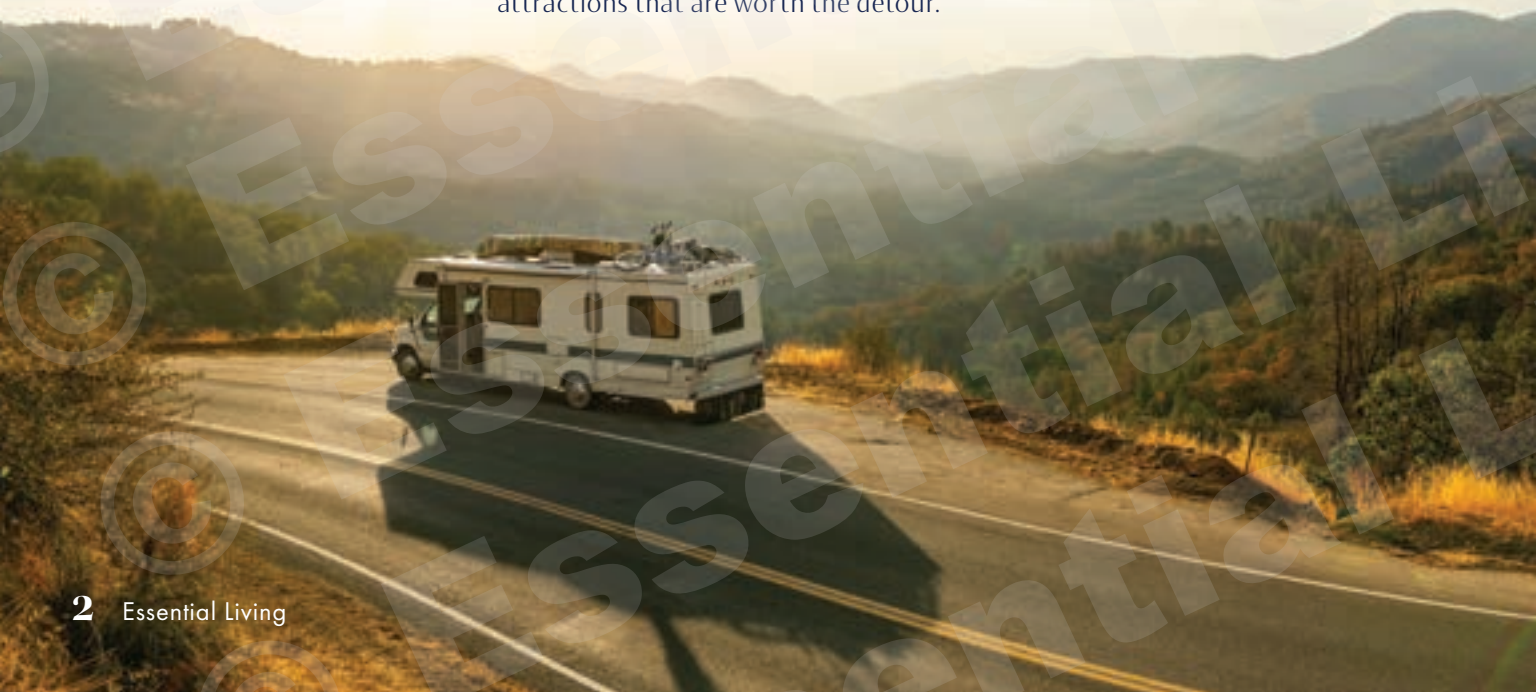
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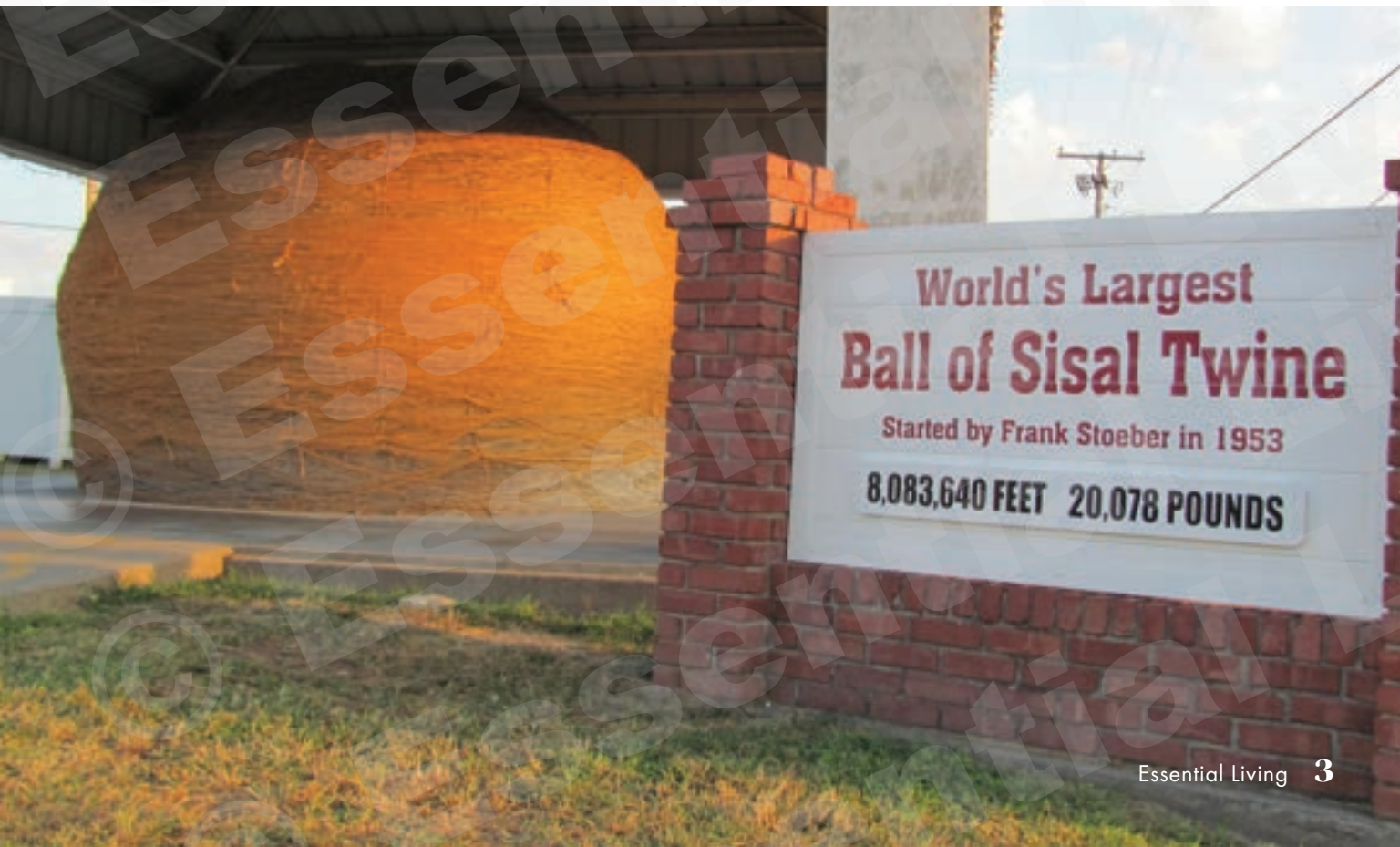
Any good road trip is about the journey, not the destination. Take a drive across America and you'll encounter a myriad of landscapes, cities and small towns to explore. Along the way, don't forget to make a pit stop (or two) at a roadside attraction! These wacky and wonderful creations feel like hidden treasures along the endless miles of highway and are sure to make any journey more memorable. From quirky to spooky, here are seven great American roadside attractions that are worth the detour.





In 1953, Frank Stoeber began winding a ball of twine. Today, it's the world's largest ball of twine, and weighs over 20,000 pounds. It's eight feet high, so even if you consider yourself a relatively tall person, this ball of twine has you beat. It's located in Cawker City, Kansas. The best part isn't only looking at the ball of twine, but taking advantage of the opportunity to add your own twine to it. Who else can say they contributed to the world's largest ball of twine?

World's Largest Ball of Twine – Cawker City, Kansas





Bishop Castle – Rye, Colorado

Under construction for nearly 60 years, Bishop Castle in Rye, Colorado, is a sight to behold. What started as a small, one-room cabin has since morphed into a work of art entirely built by one man, Jim Bishop. With no final vision, Bishop creates the structure as he goes, and somehow all the elements seem to fall perfectly into place. Towering 160 feet tall, the castle features a 30-foot steel steeple and three full stories of interior rooms, including a grand ballroom. There are also bridges and lookout points that offer views for miles on end. However, the main focal point of the masterpiece is the fire-breathing dragon.

The castle is open 24/7 and is free to enter.

Beached on the shoreline of a small pond where gators once roamed is now an 80-foot long blue whale, constructed out of steel rods, plaster and concrete. Though it was an anniversary gift to his wife, Hugh Davis only intended the whale to be used by his grandchildren, replacing fins with waterslides and adding a diving platform to the tail. Eventually, the attraction was opened to the public for swimming and picnicking but was later closed as Davis and his wife were no longer able to keep up with it.

Today, the attraction has been restored thanks to the local community and dedicated volunteers. Although no swimming is allowed, that doesn't stop visitors (including Sir Paul McCartney) from stopping by to have a whale of a time.



The Blue Whale – Catoosa, Oklahoma

Carhenge – Alliance, Nebraska



While England may have the original Stonehenge, Nebraska is home to Carhenge, a scale replica of the famous ancient structure. However, unlike other replicas that can be found across the country, the one found in Alliance, Nebraska, sets itself apart with nearly 40 gray, spray-painted vintage cars that make up a 96-foot diameter circle. Created by Jim Reinder in the late 1980s as a memorial to his father, Carhenge was not originally intended to serve as a pit stop for so many travelers. Although it's a bit off the main road, Carhenge and the adjacent car-art sculpture park are well worth the detour.



Road to Nowhere – Bryson City, North Carolina

If you happen to find yourself in the Great Smoky Mountains on your American road trip, then make sure you stop by the Road to Nowhere. It might be hard to imagine you'll have a day with nowhere to go, but we promise you the views are worth it. In the 1940s, the government started building a tunnel, but construction came to a standstill when they experienced environmental issues. Now, this six-mile road ends at a tunnel and leads to a variety of footpaths and trails into the mountains. The road also provides fantastic views of Fontana Lake.





Dog Bark Park Inn – Cottonwood, Idaho

No, you're not seeing things. Those are two giant beagles (the biggest in the world) on the side of the road. They aren't lost, though – Toby and Sweet Willy belong to the Dog Bark Park Inn, which doubles as a roadside attraction and a bed and breakfast. Sweet Willy (the larger of the two pups) features two sleeping spaces, a full bath, Wi-Fi and AC. Guests are treated to a self-serve breakfast of yogurt, cheese, fresh fruit, homemade pastries and more.

Created and owned by Dennis Sullivan and Frances Conklin, the mom-and-pop operation has a charm you won't find anywhere else. Visitors who aren't lucky enough to stay in the doghouse are still welcome to walk the grounds and check out the gift shop where the couple sell their smaller chainsaw sculptures, including 60 dog breeds and poses. Of course, canines are welcome to stop by, too.

Goldwell Open Air Museum – Nye County, Nevada

Located near the ghost town of Rhyolite, Nevada, the Goldwell Open Air Museum is home to sculptures like a 24-foot high steel prospector accompanied by a penguin, a life-size interpretation of the Last Supper painting and a carved woman with wings reaching for the sun. Covering 15 acres, it is the perfect spot to pull over and stretch your legs during a long car ride.

Whether they are the final destination or just a stop along the way, pulling over at a roadside attraction will turn any road trip into a one-of-a-kind experience you'll never forget.





Although polo started in Persia as a training game for cavalry units during the sixth century B.C., it has since developed into a widely popular sport and has become one of the world's oldest team sports.

While most think of polo being played on horseback or in the water, those aren't the only ways to play the ancient sport. Throughout the centuries the classic game has been adapted into other forms to make it accessible to even more players. If you haven't tried polo yet, you may just discover there is a perfect version for you.





CANOE POLO

Originating in Great Britain, canoe polo is a relatively new take on polo with international rules being established in 1990. In 2005 it became a World Games sport and has been growing in popularity ever since.

Canoe polo is played using the same ball as in water polo. Two teams of five compete on a rectangular pitch (or field) that can be in open water or a swimming pool. Matches are played over two 10-minute halves with the teams attempting to outscore the other. Players can use either their hands or paddles to maneuver the ball to the goal which sits about six and half feet above the water.

Two referees oversee the match while on land rather than boats. Canoe polo requires strength and agility while thinking quickly about the next move.

Despite its name, the boats used are specially designed, lightweight kayaks that allow for maximum speed and maneuverability while remaining stable to prevent players ending up in the water. The paddles are also lightweight and specially designed for ball control and quick, sharp movements. Players must also wear helmets with face masks and buoyancy aids.



WATER POLO

While it may look like volleyball being played in water, water polo is more a combination of basketball and soccer. The first set of rules for the hugely popular sport was initially developed in 1885 by the Swimming Association of Great Britain.

During a water polo match, two teams compete against each other to score the most goals.

In the water, the teams consist of six outfield players and one goalie. Players must constantly be moving and are not allowed to touch the bottom of the pool. The match

starts when the ball is placed in the middle of the pitch and the players race from their goal line in hopes of reaching the ball first. The athletes can throw the ball to a teammate or push it in front of them as they swim. Aside from the goalie, players can only touch the ball with one hand.

Water polo is a full-contact sport that requires stamina and strength to compete during the eight-minute long quarters. An outfielder can travel two miles in just one match!



HARDCOURT BICYCLE POLO

If you're not a fan of water, hardcourt bicycle polo may be the perfect fit for you. This polo style is played on surfaces like basketball or tennis courts, street hockey rinks and empty parking lots with wooden boards set up to keep the ball within bounds.

The game is played with two teams of three players each. The game starts with each team waiting behind their respective goal while a street hockey ball is placed in the middle of the court. When the game begins, players mount their bicycles and race to the center to take control of the ball. Like other forms of polo, players use a mallet to move the ball towards the opponent's goal (aka two parking cones). To score a point, players must hit the ball into the goal using the end of the mallet; if the side is used, the point is declared no good. If riding a bike while swinging a mallet wasn't hard enough, players also

must get the ball past a goalkeeper. Games can last until one team scores three or five points, or until the game reaches a previously agreed upon time limit.

Unlike other types of polo, there are no expensive animals or special gear required for this version. In fact, this sport embraces DIY, making it accessible to players all over the world. Mallets are typically made from ski poles with the end constructed of ABS pipe. Players most commonly use single-speed bikes with a brake lever on the player's free side. Bikes are outfitted with DIY wheel covers made from corrugated plastic to protect wheel spokes. Helmets are normally required, and knee pads are highly encouraged. In addition to taking pride in their DIY skills, the hardcourt bike polo community also prides itself on being extremely welcoming to anyone wanting to give the sport a spin.

CAN'T GET ENOUGH POLO?

HERE ARE EVEN MORE WAYS TO PLAY THE GAME!

ELEPHANT POLO

Following similar rules to horse polo, players compete on the backs of elephants — with zero tolerance for any mistreatment of the animals. After each match, the elephants are treated to sugar cane or rice balls packed with vitamins and water.

SEGWAY POLO

Wheels replace hooves in this style of the sport, with rules adapted from both horse and bicycle polo. Athletes of all skill levels and ages are welcome to play.

COWBOY POLO

Known as the "average man's sport," this casual take on traditional polo is all about having a good time. Anyone can join in the fun as long as they have some safety gear for themselves and their horse.



With a little creativity, polo can be adapted into almost any style you enjoy. Maybe you'll even invent the next Olympic sport!





Design a **Drought-Proof Backyard**



Your lawn is like your face to the neighborhood. So why not make sure it always looks its best? Creating a drought-tolerant lawn and garden isn't only important in arid climates. In fact, water conservation is becoming increasingly important due to higher demand and expense. That's why a lot of homeowners implement drought-tolerant landscaping to cut back on water usage and protect their lawns.





WHAT IS DROUGHT TOLERANCE?

Drought tolerance refers to the ability of plants and landscaping to adapt to arid or drought conditions. Depending on your location and climate, drought periods can severely impact your yard, plants and landscaping. As such, to increase drought tolerance, many people practice xeriscaping, which is creating landscapes that use less water.

KNOW THE WETNESS

Most drought-resistant landscaping thrives with little water and consists of native plants, rocks and low-maintenance components. BUT, how do you know if where you are is in drought? It's pretty simple: Look up the U.S. Drought Monitor map online to see if your area is currently experiencing a drought. Another handy resource is Drought.gov, which has all kinds of useful information about drought conditions. This information will give you a good background on how much moisture to expect and how drought-resistant you want your yard to be.

5 DROUGHT-TOLERANT LANDSCAPING IDEAS

When it comes to adapting your landscaping to be more drought tolerant, just a few small changes can make a huge difference in the health of your lawn. Here's how to get started:

1. Amend the Soil
2. Choose Drought-Tolerant Plants
3. Cover Plant Beds With Mulch
4. Consider a Rock Garden
5. Collect Rainwater

Amend the Soil

Before planting anything, you'll want to amend the soil. If you're unfamiliar with soil amending, it's the process of adding material to your soil to help plants grow. Additionally, amended soil retains moisture and collects rainwater better than compacted soil. To amend your soil, mix it with organic matter like compost, manure, straw or a combination of things. You should be able to find supplies at your local gardening store.

Choose Drought-Tolerant Plants

Another way to make your landscaping more drought tolerant is by choosing plants that require little water. For instance, native plants, succulents and ornamental grasses are great choices if you want to add landscaping that won't be majorly affected by drought conditions. Native plants adapt to their climate, and succulents and ornamental grasses require little water and maintenance.

What's native in your area? Check out NWF.org — this online native plant finder can help guide you to what greeneries will bloom in your neck of the woods.



Cover Plant Beds With Mulch

To protect your plants and help them retain moisture, cover them with mulch. Mulch is a layer of organic or inorganic material applied to the surface of the soil to conserve moisture, improve fertility and reduce weed growth. Mulch can be made from compost, bark, woodchips and more and is easily accessible at your local home center.






Consider a Rock Garden

A rock garden is a perfect solution if you want to add landscaping that won't be affected by drought conditions. Additionally, since a rock garden requires no water or maintenance, you can cut back on landscaping expenses. Simply add your favorite rocks and boulders to introduce color and texture to your lawn.

Collect Rainwater

Finally, collecting rainwater is another tip to help save water and reduce landscaping expenses. You can install rain barrels or buckets to collect rainwater from gutter downspouts. Then, you can use it later to water your plants, trees and garden beds. Another way to collect water is by adding a rain garden to your yard. Rain gardens stop and hold rainwater, giving it time to soak into the soil.





Creating a drought-tolerant lawn and garden is important for several reasons. You can save money on water and landscaping expenses, protect your lawn and create a healthier outdoor environment. Luckily, by following a few simple steps, you can have a beautiful, lively yard year-round, no matter what weather conditions come your way!

SENSATIONAL NON-SALAD

SALADS



Who says salads have to be made with leafy greens? It's time to think outside your fridge's crisper drawer and let salads featuring star ingredients like pasta, beans, chicken, shrimp and fruit take center stage on your table.

Non-salad salads are a tasty alternative to lettuce-based salads. They're heartier, a tasty change of pace and can be prepared well ahead of serving. Wilted

lettuce not included! Some even taste better when made ahead of time.

Once you get into the swing of combining your favorite ingredients in new ways, your imagination is your only limit! You can mix and match to create as many delicious variations as your taste buds can tolerate.

Whatever your taste, we have a non-salad salad that will please everyone at your table!

GINGER LIME FRUIT SALAD

INGREDIENTS

FOR THE GINGER LIME SYRUP

- ¾ c. water
- ½ c. sugar
- ½ c. fresh ginger, sliced*
- ¼ c. fresh lime juice

FOR THE SALAD

- 8-9 c. fresh fruit (berries, melons, pineapple), cut into bite-size pieces
- 1 tbsp. fresh mint, slivered

INSTRUCTIONS

1. Combine water, sugar and ginger in a small pot. Bring to a boil, stirring until sugar dissolves, about 3-4 minutes.
2. Remove from heat and transfer syrup to another container or bowl. Set aside to cool to room temperature, about 20 minutes.
3. Strain cooled syrup and stir in lime juice.
4. Place fruit in a large bowl. Add ½ cup of ginger lime syrup and toss until fruit is evenly coated.
5. Chill until ready to serve.

*You do not need to peel the ginger before slicing it.

This recipe makes about 1 cup of ginger lime syrup. Store the rest in the fridge in an airtight container for up to a month. Use it for your next batch of salad or to add a burst of flavor to your favorite cocktail.



PREP TIME: 20 MINUTES

COOK TIME: 8-10 MINUTES

YIELD AMOUNT: 8-10 SERVINGS

CAPRESE PESTO PASTA SALAD



PREP TIME: 20 MINUTES

COOK TIME: 15 MINUTES

YIELD AMOUNT: 6 SERVINGS

INGREDIENTS

FOR THE PASTA SALAD

- 8 oz. pasta, rotini or cavatappi
- 2 c. cherry tomatoes, halved
- 8 oz. fresh mozzarella balls, quartered
- Salt and pepper, to taste

FOR THE DRESSING

- 1 tbsp. balsamic vinegar
- 1 tbsp. white wine vinegar
- ¼ c. pesto
- 3 tbsp. olive oil
- Salt and pepper, to taste

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and set aside to cool.
2. Whisk all dressing ingredients together in a large bowl until evenly combined. Season to taste with salt and pepper. (Note: The amount of salt in store-bought pesto can vary greatly, so it's important to taste your dressing before adding salt and pepper.)
3. Add cooled pasta, tomatoes and mozzarella to the bowl with dressing and toss until evenly coated.
4. Chill until ready to serve.

BLACK BEAN, CORN & TOMATO SALAD

INGREDIENTS

FOR THE DRESSING

- 2 tbsp. fresh lime juice
- 2 tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. honey
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ⅓ c. olive oil
- Salt and pepper, to taste

FOR THE SALAD

- 1 large avocado, chopped
- 2 15-oz. cans black beans, drained and rinsed
- 2 c. corn kernels, fresh or canned
- 2 c. cherry tomatoes, halved
- ⅓ c. red onion, diced
- 2 tbsp. cilantro, chopped, plus additional for garnish

INSTRUCTIONS

1. Whisk all dressing ingredients, except olive oil, in a medium bowl. Add olive oil in a slow, steady stream, whisking constantly until well combined. Set aside.
2. Combine all salad ingredients in a large bowl. Add dressing and toss until salad is evenly coated. Season to taste with salt and pepper.



PREP TIME: 15 MINUTES

YIELD AMOUNT: 4-6 SERVINGS

THAI LARB GAI

CHICKEN SALAD



PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

YIELD AMOUNT: 4 SERVINGS

INGREDIENTS

- 1 tbsp. olive oil
- 16 oz. ground chicken
- 1/2 c. red onion, chopped
- 1/2 tsp. salt
- 3 garlic cloves, chopped
- 1/2 tsp. pepper
- 1 stalk lemongrass, minced
- 3 scallions, chopped
- 1 tsp. chili flakes
- 1/2 c. mint, chopped
- 1/2 c. basil, chopped
- 2 tbsp. fish sauce
- 4 tbsp. fresh lime juice
- 1 tsp. brown sugar
- 2 c. cucumber, sliced

INSTRUCTIONS

1. Heat oil in a large skillet over medium heat. Add chopped red onions; saute 3-4 minutes. Add garlic, lemongrass and chili flakes. Saute until fragrant, 2-3 minutes.
2. Add the ground meat, breaking it apart with a spatula. Season the meat with the salt and pepper and continue cooking until browned. Set aside.
3. Add the scallions, mint and basil in a bowl. Mix in the drained meat. Add the fish sauce, lime juice and brown sugar.
4. Serve with cucumber slices and lime.

DIY

Wall Art Ideas

4 Fabulous DIY Wall Art Ideas to Give Your Home a Fresh New Look

No matter how gorgeous your furniture is, blank walls make a room look bland and unfinished. The right wall art can bring a whole new look to your living space, turning it from drab to fab. But a beautiful piece of art costs an arm and a leg, right? Wrong. There are lots of inexpensive and simple techniques to decorate your walls the DIY way.

Here are four of our favorites!





1 Hanging Flower Garden

This DIY project brings total cottagecore vibes to any room, transforming your wall into a beautiful bouquet of flowers. It's a DIY design idea that's going viral online at the moment, and it's super easy to do yourself.

Supplies:

- 1 branch that fits your display area
- 1 roll of twine (or fishing line for a magical floating look)
- Large assortment of faux or dried flowers
- Scissors

Directions

1. Knot one piece of twine around both ends of the branch, giving it enough slack to hang.
2. Before cutting a strand of twine, knot the twine at the top and bottom of each stem, until you reach the desired length. Then cut the twine, leaving about six inches at the top to attach to the branch.
3. Repeat for each strand. Then tie each strand around the branch.
4. Hang your beautiful garden and admire!

2 Repurposed Rug

This one is almost too easy, but that's why we love it! In just a few short steps you'll have a beautiful wall hanging from an upcycled rug.

Supplies:

- 2-inch thick Velcro strip (the width of the rug)
- Carpet thread
- Needle scissors
- 5-inch piece of flat wood (the width of the rug)
- Unbleached muslin fabric (the width of the rug)
- Drill, staple gun and screws

Directions

1. Sew the fuzzy side of the Velcro onto the muslin fabric.
2. Sew the muslin fabric to the back of your rug, using carpet thread.
3. Cut the flat piece of wood to measure the rug.
4. Hang the wooden strip on the wall using drill and screws.
5. Attach rug, and voilà!

3 String Masterpiece

This DIY project lets you run with your creativity. From the color of the wood and string to the object you choose, it's the perfect opportunity to showcase your personality.

Supplies:

- Wood with picture frame hangers attached
- Hammer
- Linoleum nails (at least 1 container)
- Scissors
- Embroidery floss
- Template
- Tape



When choosing what object to make, look for images with simple outlines. You may also want to pick a piece of wood after you've decided on the template you want to use.

Directions

1. Position the template on the wood, taping it into place.
2. Hammer the nails around the template to create the outline. Try to space the nails evenly and hammer them to the same depth.
3. Once outlined in nails, remove template and use the embroidery floss to create a border. Start by selecting any nail to tie the floss around, leaving a tail to tie off when finished.
4. When you reach a corner or need to change direction, wrap the floss tightly around the nail.
5. Once the border is made, begin filling it in by crisscrossing from nail to nail. If you run out of floss, tie a new strand to the tail of the first strand.
6. Repeat, going nail to nail until the shape is filled in as much as you like.
7. Hang and admire!

4 Wallpaper Panels



Wallpaper has made a comeback in interior design. While you might not want to decorate an entire wall with bold patterns, in smaller amounts they make gorgeous wall art.

Supplies:

- **3 masonite hardboard panels** (cut to fit your wall)
- **Base trim** (cut to fit panels and painted as desired)
- **Wood glue**
- **Picture frame hangers**
- **Roll of peel-and-stick wallpaper**

Before getting started, make sure your work area is clean of pet hair, crumbs and anything else you don't want poking through under the wallpaper.

Directions

1. **Set out your first hardboard panel and unroll the wallpaper. Decide if you need to be precise in your cuts for a continuous pattern or if the pattern can be mismatched. Cut wallpaper with Exacto knife to fit the board.**
2. **Next, apply wallpaper to the board, smoothing out any bubbles and readjusting as needed. Use wood glue to attach the base trim to frame out the panel. Set heavy objects on top of the corners and let dry.**
3. **Attach picture frame hangers to the back, making sure each panel has enough to hold its weight.**
4. **Finally, hang and applaud your artwork!**

These are just four ideas for DIY wall art – there are unlimited other ways you can add style to your space for very little money and minimal effort.

Try one of these projects and see where your imagination takes you next!

ADDITIONAL IDEAS

Gallery Wall

Gallery walls are full of personality and are totally customizable to what you like. Choose to go with all carefully curated prints or mix and match art and treasured family photos. Although there is no true right way to create your wall, here are a few tips that will help pull it all together.

1. **Each photo or print should have 1-2 other pieces that share similar colors.**
2. **Pick 1-3 larger pieces and fill the rest of the space with small- and medium-sized pieces.**
3. **Have a mix of vertical and horizontal pieces.**
4. **Frame family photos with a wide mat — for instance, for a 5x7 photo, use an 11x14 frame.**

Other DIY Wall Art Ideas

Magazine Silhouette Art: Use a silhouette of the shape or object you want, then fill it in with strips cut from magazine pages.

Gold Splatter Art: Splatter gold leaf adhesive on colorful cardstock, then place gold leaf all over the adhesive, using a soft brush to smooth it down. Buff off any excess, then frame and hang!

Wooden Mosaic Wall Art: Paint or stain 2" wood blocks, then adhere to a sheet of plywood (make sure the plywood is the right size for the number of blocks). Once the glue is dry, attach picture hanging hardware on the back and hang your new art!

PICKING THE BIKE FOR YOU



ROAD BIKE

All over the world, people of all ages and skill levels enjoy cycling. Whether you want to go green, get more exercise or train for the Tour de France, there's a bike built just for you. Here's a look at some of the most popular types of bikes.

ROAD BIKES — THE SPEEDSTER

MADE FOR SPEED

TERRAIN: Pavement

HANDLEBARS: Drop bars

NOT GREAT for unpaved roads or trails.

KEY FEATURES: An aerodynamic profile is made from a lightweight frame, skinny tires and a narrow seat.

Ideal for **ON-ROAD RACING**.



MOUNTAIN BIKE

MOUNTAIN BIKES — THE ADVENTURER

BUILT TO GO OFF-ROADING

TERRAIN: Rocky trails, gravel paths

HANDLEBARS: Flat or upright

KEY FEATURES: Lower gears to climb steep trails, wide knobby tires, disc brakes to stop on a dime and suspension systems for steady riding.



CRUISER BIKE

HYBRID BIKES – THE COMMUTER

DESIGNED FOR VERSATILITY AND COMFORT

TERRAIN: Pavement, dirt roads

HANDLEBARS: Flat

KEY FEATURES: A more durable build than road bikes but lighter than mountain bikes to handle everyday commuting and bike rides around town.

CRUISER BIKES – THE CASUAL RIDER

BUILT FOR LEISURELY RIDES

TERRAIN: Flat pavement

HANDLEBARS: Curved

KEY FEATURES: Single-speed bike with a padded seat, coaster brakes and little maintenance required.

NOT IDEAL for hilly areas.



FOLDING BIKE

FOLDING BIKE – THE MINIMALIST

BUILT TO BE EASILY STORED AND CARRIED

TERRAIN: Pavement

HANDLEBARS: Flat bars

KEY FEATURES: A lightweight and foldable frame with small wheels and adjustable handlebars make it easy to take just about anywhere.

NOT GREAT for going off-road or reaching high speeds.



BIKE THEFT PREVENTION

When you first get your bike, record the serial number and take a few photos.

Always use a U-lock or, for extra security, a U-lock and cable.

Lock your bike:

- in a well-lit area with high foot traffic.
- to a permanently fixed object that the bike can't be lifted over.
- with a tight fit – the less room between the lock and bike, the more difficult the lock is to cut.
- with the keyhole facing down.

OTHER TYPES TO CHECK OUT

ELECTRIC BIKE

Electric bikes make going uphill a breeze. You can find an electric version of hybrid, mountain and road bikes to easily fit your lifestyle.

BMX BIKE

This style includes BMX bikes for dirt track racing, freestyle bikes for stunts and tricks at the skatepark and jump bikes for thrill-seeking riders.

RECUMBENT BIKES

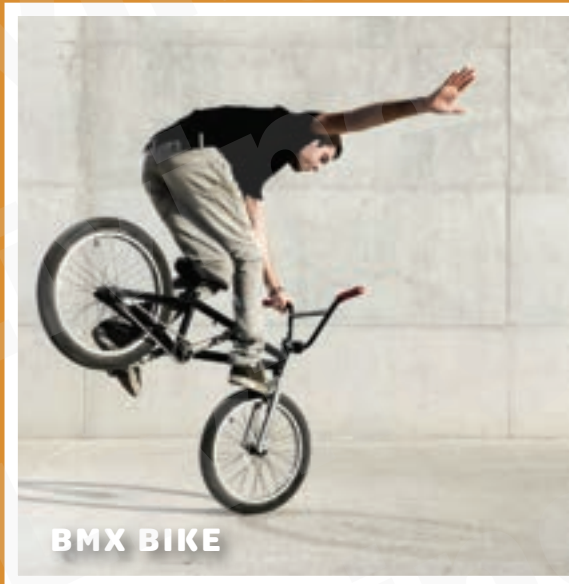
Recumbent bikes have an ergonomic design that puts riders in a laid-back position and takes pressure off the joints. The built-in back support, stability and high comfort level also make these bikes a desirable choice for people of all abilities.

TANDEM BIKES

Tandem bikes are best for riding with a sidekick. This style can be found in a variety of types including cruiser, hybrid, mountain bike and high-performance tandems. The front rider [or captain] controls the steering and maintains balance while the stoker [rear rider] provides power, especially when starting from a stop.

ADULT TRICYCLES

While tricycles may not be the first thing you think about when bike shopping, they shouldn't be overlooked. Tricycles offer comfort and stability for riders and can be a great choice for older adults or riders that need some extra help with balance.



BMX BIKE



TANDEM BIKE



DID YOU KNOW?

- There are over half a billion bikes in China.
- The first bike was made from wood in 1817 and didn't have pedals!
- Nearly 100 million bikes are manufactured worldwide each year.
- Damien Hirst's Trek Madone, or the Butterfly Bike, is the most expensive bike to date, auctioning for \$500,000.

PRIORITIZE YOUR BRAIN!

THE BEST TIME TO START A HEALTHY LIFESTYLE IS TODAY



Mental health is just as important as physical health. These two typically go hand in hand! Maintain your mental health by eating healthy, being active and staying social.



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Ready for a change? Let's talk!

Call now to talk about
where you are and
where you'd like to be!



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