#### Bike during the day in low-traffic areas.

# 5 STEPS TO SAFER CYCLING

Does the Tour of Utah motivate you to dust off your bicycle?

Michael Henrie, D.O., a sports medicine physician at University of Utah Health, offers these tips to stay safe while cycling:

Ditch the headphones.

"Listening to music while biking can impair your ability to hear pedestrians and traffic,"

Henrie

SOVS.

Wearing a helmet

reduces risk for head injury by up to 85%. Make sure yours fits properly. It should sit level and snug on your head, two finger widths above your eyes.

Wear bright colors, and use reflective gear so that others can see you

Using a flashing LED headlight and tail light

to increase your visibility.









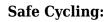






### **Safe Cycling**

**G Psacharopoulos** 



#### **Safe Cycling** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Safe Cycling**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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