

Choosing a Bike

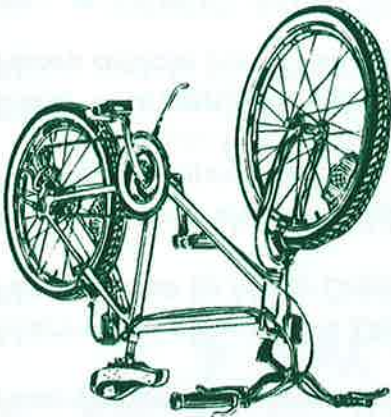
This extract is from the *Change4Life* website, a health campaign that encourages people to live healthier lifestyles. The website provides tips and ideas to help people eat healthily and to be active. This extract gives advice about choosing the right kind of bike.

Having the right bike makes every trip easier, safer and more fun, and the good news is your bike needn't cost a fortune.

Choosing a bike

Think about what you and your family are going to use your bikes for and where you are likely to ride most often. If you are mainly going to ride on tarmac, the bike you need will be different to if you are going to be riding on muddy tracks.

Here's a list of the most popular types of bike and the sorts of cycling they're suitable for:



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Mountain bike

These are great all-round bikes as they are good on the road and even better on rough tracks. They often have knobbly tyres for extra grip and suspension to cushion the bumps. You can also add things like mudguards and a carrier rack on many models, so they're practical too!

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Hybrid bike

A cross between a road bike and a cross-country mountain bike, taking the most popular bits from both. It often has things like suspension in the seat and bigger wheels to make it very comfortable. A great bike for beginners and riders using tarmac roads most of the time.

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Racing bike

A streamlined bike with very thin tyres and drop handlebars for fast riding on the road. It can be made of very light materials and have a saddle that's only really comfortable if you're wearing special cycling clothes. A bike that's best for experienced cyclists.

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