

Fitness essay

My tires hit the dirt and a cloud of dust followed me. Getting some sort of exercise for at least an hour a day is important for everyone to ensure they maintain good health. For me mountain biking is my way of getting exercise for most of the year, and it is much more of a workout than other sports.

No matter how bad my day had been mountain biking has always had a way of clearing my head, leaving me nothing to think about except two wheels and the trail in front of me. Each year from snow melt to snow fall I push my bike up the sage brush covered mountain called the beacon. Although Kamloops can be excruciatingly hot in the summer, and at times bone chillingly cold in the spring and fall, the thought of getting to the top to see the familiar view of my home town and the ride down pushes me to keep climbing.

Each day I hike into bachelor hills there is something new to see. I often see chuckers in groups of 10 or more running through the sage brush, another amazing sight is the gully I hike up at night. After a rain the sagebrush seems greener than you could ever imagine. At times I wish I could have a permanent camera in my mind to remember all the times I was blown away by the sights I see. Although biking has made me love it I find myself hiking the mountain alone most of the time, but never the less mountain biking has always found away to put a calm in my life and keep my happy whenever I am on two wheels. Mountain biking is something I always look forward to whether it is only for an hour or two, or all day, it is always a highlight. Making it to the top on a beautiful Kamloops evening taking it all in, I see the sight of the dusty city with a beam of red sunlight covering it as the sun reaches the west end of the valley. Those are the days I recognize why I continue to mountain bike.

One of the many challenges, in not just mountain biking but in any sport is what I call the mental game. The mental game is all about beating yourself. If you can beat yourself you can go as far as you want to. For instance five years ago I pushed my bike with some friends and my brother, to the top of the beacon but I barely made it 100 vertical feet. The reason behind that is that I wasn't as fit as I am now, but more importantly the whole way up my mind was telling me to stop and that I couldn't do it. The whole way hiking up even for me now it's still the same. And there are times when I think I have to stop

but I won't, because I know the further I go the better I will be in shape and endurance. Eventually you will think of strategies to go further, for me it was music. It seems to clear my head leaving me only thinking about making it to the top. My legs are stronger and my endurance has hugely improved, since I started to listen to music while I ride. For me that is what makes the exercise worth it.

Keeping a healthy life is crucial, and in return can reward you with good times and cherished memories and a long healthy life.