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The HEART of the Matter is Getting Ready to Ride

Live, from Sun City West Arizona, It's your favorite safety guy, Pump Heartly!

A **HEARTy** Hello to Wolf River HOG members! It's already February. Do you believe it? February has Super Bowl Sunday, Marti Gras, Ash Wednesday, Presidents' Day, and of course, Valentine's Day. Did you know February 4th is National Hemp Day? Make some brownies or something. The third week is International Flirting Week. February is Black History Month and it's American **HEART** Month. **YES!** If you want to find out all the special days and weeks, and monthly celebrations in February, you can check out the National Day Calendar website at <https://www.nationaldaycalendar.com/>. Friday was Ground Hog's Day. Jimmy the Ground-hog in Sun Prairie did not see his shadow. That means an early Spring is expected.

February in the **HEART**land is also a time of year when you might get a little down-**HEART**ed about not being able to get out and ride. Well, before you find yourself **HEART**broken, take **HEART!** Riding season will be here in 60 days or less. Let's face it, over the winter, you can get a little out of **SHAPE**, if you know what I mean. So, avast me **HEART**ies, if you take some time to exercise regularly, you can be happy-**HEART**ed riders who won't get sore legs, wrists, hands, etcetera on those first rides.

There are all kinds of exercises for your **HEART** and the rest of your body to get ready to ride. But before you start any regiment of exercise, especially if you are over 30 or have any special health issues, you should see your doctor. You don't want to overdo it and have a **HEART**-attack. Your doctor can check your **HEART**, lungs, and other body parts, and suggest on how often to exercise.



Here's a few ways to get that **HEART** in shape are: Take a brisk walk for at least 15 to 20 minutes; preferably 30 minutes. Find a swimming pool and swim, do water aerobics, or like we do here in Sun City west, walk in a swimming pool. The resistance provides a great **HEART** workout that's easy on the joints. If you are the kind of person who needs something a bit **HEART**ier, bicycling or exercise bicycling are good too. Elliptical machines are good for the **HEART** also. And, of course, jogging or running really gets the **HEART** pumping. Make sure you get at least 30 minutes of exercise, a minimum of every other day; every day if you have the **HEART**.



If you're the kind of person who has trouble exercising regularly on your own, consider teaming up with someone else. If you don't have someone, consider checking with one of our good-**HEART**ed, wild-**HEART**ed, soft-**HEART**ed, lion**HEART**ed, Wolf River HOG members. There are big-**HEART**ed HOG members who might agree to be your exercise buddy, in a **HEART**-beat.

Show your **HEART**iness. Get at it, but not half-**HEART**edly. Make sure you're ready ride from the get-go. Motorcycling is not for the faint-**HEART**ed. Get in **SHAPE** and you'll be set for great times.



Ride and Drive safe out there! Cuz **WE LOVE Ya!**

John Knickerbocker, Safety