

# Cycling Clothing, Shoes and Accessories

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Trying to fit exercise into a busy schedule can require discipline and forethought. Whilst most ridiculed and dismissed the government's recent exercise encouragement campaign (yes, really it is truly ridiculous to expect people to do squats or lunges at a bus stop) embracing your opportunistic streak and squeezing exercise in where you can is actually a fabulous idea.

Walking or cycling to work, for example, is a fantastic way to schedule some exercise into your day. However, cycling to work is not without its obstacles - the main one often being storage of your bicycle in the work place. However, the growing popularity of folding bicycles may go some way towards solving this problem. Indeed, it is not just those who opt for cycling as their prefer method of transport for the daily commute who can reap the benefits of the booming folding bicycle market. Freed from the constraints of roof racks, those keen on outdoor activities will find the folding bicycle adds an element of adventure to a day spent exploring the countryside. Folding bicycles are especially suitable for families or couples who wish to utilise their boot space, or those going on a camping or caravanning holiday.

With over 100 manufacturers of folding bicycles available on the market, you will find yourself literally spoilt for choice. According to BikesThatFold.com online poll, the number one concern for someone purchasing a folding bicycle is that of actual size of the bike once folded.

However other important factors to consider before purchasing a folding bicycle are: carry weight, folding speed, gearing and how the bike itself actually rides.

As with regular bicycles, those wishing to maximise the potential of their folding bicycle experiences should take heed of some simple hints and tips regarding how to choose cycling clothing, shoes and accessories. A good starting point is choosing a helmet. Being an essential piece of safety equipment choose only the highest quality helmet to ensure optimum protection. Opt for ANSI and/or Snell approved for quality guaranteed. When choosing cycling shoes bear in mind that the stiffer the sole the more power will be transferred to the pedals!

When it comes to clothing look for brands that incorporate the latest advances in Gor-Tex technology. Gor-Tex technology ensures that clothing is lightweight and breathable, ensuring you are ventilated in all the right places. Opt for layering when dressing for cycling - base layers should be tight fitting to the body and effectively wick sweat away. Weather being the changeable thing it is, it is advisable to always pack a lightweight waterproof jacket. For added comfort choose shorts or underwear that is padded in the seat area - to protect your derriere! Consider also accessories such as gloves, sunglasses and cycling socks.

Many outdoor clothing companies have ranges specifically designed to enhance your performance and protect you from the elements whilst exercising outside. Companies such as Hagloafs, Icebreaker, The North Face and Helly Hansen all offer superb quality garments that incorporate the latest technology

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