Peel a banana and dip it in yogurt.

Buckle the chin strap. Tighten the strap until it feels low on the forehead — one or two fingers widths above your eyebrow. It should feel snug but comfortable.

Heart healthy snacks

To Southeast Oakland County, Michigan

The map was created using a variety of sources and illustrations created by road bike routes that have been identified by local cyclists. Cyclists and motorists share many of the same rights and responsibilities while traveling on a roadway. The Michigan vehicle code (MV C 750.81) describes the rules of the road for both cyclists and motorists. Before heading out on the roads for a bike ride, make sure that you know and understand the traffic laws including, but not limited to:

- signaling when turning or stopping
- riding with the direction of traffic
- using rights turns to turn

The following are the most common symptoms of dehydration. However, everyone may experience symptoms differently. Symptoms may include:

- extreme thirst
- dizziness
- dry mouth and throat
- dark-colored urine
- light weight loss

It's important to hydrate

As you participate in sports and physical activity like bike riding, it's important to replace sweat with equal amounts of fluids, usually 1 ½ to 2 liters per hour of intense sports activity. You should drink fluids before, during and after exercise. To avoid sudden changes from drinking large amounts of fluids at once, drink about 1 cup of water or a sports drink every 15 to 30 minutes. Fluids that are high in electrolytes such as table salt or sports drinks may cause stress on the digestive system and should be avoided.

There are several unique attractions located in the Southeast Oakland County area. They offer opportunities for outdoor learning.

- Dog Park

Stop by Red Oaks County Park where dogs can frolic off leash at one of four fenced in enclosures.

- Neighborhood Tour

Offer opportunities for outdoor learning.

- Entrance Fee

The entrance fee helps the park to maintain and improve the facilities.

- Bike & Hike on Trails

Visit an area park and explore a new trail. Riding and hiking are both healthy activities that encourage family communications and offer opportunities for outdoor learning.

- Bike Day

It's a celebration of the joy of riding a bike. Everyone should have a well stocked first-aid kit at home, in the car and in the workplace. You may also want to keep one on your bicycle and carry a set of bandages on your person. Take a look at this list of first aid on your bicycle and carry a set of bandages on your person. Take a look at this list of first aid for your bike.

- Trekking the Trail

The Brooklyn Half Marathon & 5K is an annual event that brings together runners of all abilities. Take a look at this list of first aid for your bike.

- A Bicyclist’s Guide

This map was created using a variety of sources and illustrated at southeast oakland county. Many of these maps include the following:

- An easy ride on a bike trail
- A scenic drive
- A quiet walk in the woods

The League of Michigan Bicyclists publishes the Michigan biking trail guide which includes maps of all of the bike trails in Michigan. If you have special medical needs, be sure to wear a Medic Alert® bracelet or neckace at all times. Applications are available in most pharmacies.

- Beaconum's Pediatric Bike Day

Beaumont Pediatric Bike Day is an annual event that brings together runners of all abilities. It's a celebration of the joy of riding a bike. Everyone should have a well stocked first-aid kit at home, in the car and in the workplace. You may also want to keep one on your bicycle and carry a set of bandages on your person. Take a look at this list of first aid for your bike.

- Bike to School

The Michigan Department of Transportation provides a variety of resources for cyclists and motorists who share the roads.

- Bike Day

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