

# Socialize (and cycle) your way to less stress

BY ROBIN BRADLEY HANSEL

Green Treehouse Media, LLC

**Y**ou know that healthy habits such as eating right, getting enough sleep, and exercising are great tools in helping to combat stress.

Maybe you have also learned the hard way that good time management skills and seeking out opportunities to bring a bit more laughter and joy into your day are also essential in managing the detrimental effects of stress



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on your physical body.

But have you given much thought to the important role that opportunities for socialization within a supportive group of others might play in your overall health? What if a way existed to combine all of these stress-busting tools into a single, fun activity you could do a couple of times a week with some great folks and

new friends? Would you try it?

The On Your Mark Performance Center Cycling Club welcomes both recreational and racing members of all skill levels.

The OYM Club is a program where members are required to support cycling through racing and volunteer efforts. In turn, participants are eligible for incentives, discounts, sponsorships, and good old-fashioned fun. Best of all, the benefits of socializing with club members (both on and off the road) combined with cycling outdoors in the fresh Florida air is an awesome prescription for managing stress.

Social contact with others helps provide a distraction from the many ups and downs of life. While you might be tempted to crawl into a cave in order to hide from interaction with others when you are feeling overwhelmed and irritable, doing so over and over can be very unhealthy both mentally and physically. Establishing a support group of friends and family who enjoy the same interests can put you back on the road to fun, fellowship and health.

"We ride every first and third Sunday of the month. We meet at the shop



and start at 8 a.m. except from Memorial Day through Labor Day when we ride at 7 a.m. to beat the heat," says Matt Goforth, of the On Your Mark Performance Center team of professionals.

Application forms for both the OYM Performance Center Club and Team are downloadable directly from the www.oymbike.com website.

Interested individuals are asked to fill in some basic contact info, their athletic interests and accomplishments as well as other activities they are interested in doing through the Club.

"After choosing your level of commitment and submitting your payment, simply mail in your application. Better yet, bring it directly to the shop. We will review it and get right back to you to get you plugged into the Club," says Julie Goforth.

Club members get special perks like a Club T-shirt and jersey, a 10 percent discount on store merchandise and training plans, an annual bike tune-up and more.

Many opportunities for celebrating life off the road exist, too. However, the best benefit of all is the stress-free camaraderie and support you'll experience as a member of the OYM Performance Center Club. ■



**Matt Goforth and Julie Goforth own On Your Mark Performance Center**

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