

Take A Look Active Encourages Responsible Cycling While Social Distancing

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It's an undeniable fact the Coronavirus has changed the way people conduct the smallest daily activities. While some have transitioned into social distancing with ease, others have found the change wrenching.

Many states have issued social distancing and shelter-in-place mandates. Medical experts generally agree that bicycling solo is safe as long as the rider is not experiencing symptoms of COVID-19.

This is great news for cycling enthusiasts?many of whom view riding as a way of life, not a recreational activity.

Take a Look Active owner, Chris Lund stated, "getting outside and being active may provide a sense of stability amidst all the craziness." Lund noted that some cyclists use the time riding to clear their minds, meditate, and adapt to the new normal.

Lund also cautions riders to, "heck with your local health mandates to make sure you're not in violation of more stringent guidelines." Because mandates can vary even within each state, it's important to be aware of the local laws.

Additionally, Lund urges riders to be cautious. While there may not be as much traffic on public roads and routes, it's still important to be safe. Personal protective gear, such as helmets and bicycle mirrors, are more important than ever. With the extra burden of COVID-19 patients, it's critical to limit risks that could add to the already stressed healthcare system.

In addition to a MIPS-rated helmet, Lund encourages cyclists to consider purchasing a cycling mirror. There are a number of types of cycling mirrors, which can be attached to a bicycle helmet or to the handlebars. "The Take A Look mirror is an inexpensive way to increase the safety of your rides," commented Lund.

Much like a rear-view mirror on a car, the Take A Look mirror allows cyclists to see what's behind them. While some cyclists argue they could "turn their head," Lund disagrees. "Defensive riding and awareness could mean the difference between an accident and near-miss."

Lund adds that "in those situations, you don't have time to turn your head."

For more information about Take A Look Active, visit their Facebook page or website, takealookactive.com.

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Take A Look Active

Take A Look Active cycling mirrors come with a lifetime warranty and the peace of mind of a safe ride. And, our website is the exclusive place to order your own custom mirror length.

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