
Nurture your self-health

Ride Designs strongly suggests having your seated posture and skin integrity checked by a healthcare professional at least annually -- or whenever you experience a change in weight, posture, or general condition that could impact your ability to sit safely, comfortably, and functionally.



All Ride products can be accessorized or modified to refine fit or accommodate changes. So consult with a clinician to help optimize your health and function. Shown here, some of the accessories that can aid in adjusting the [Java Cushion](#).

And if all the chaos of the world is getting you down, check out this [article](#) on **dealing with uncertainty**... apparently it's not necessarily a bad thing.

Get the shot

Be sure to check out New Mobility magazine's [September issue](#), with a focus on photography. Of particular note: [pro tips to turn your wheelchair into a mobile photo booth!](#)



Toward more inclusive fitness trackers...

Smart watches and fitness trackers have transformed the world of exercise, spawning a generation of active tech users....But one group of people has been frequently left out of this fitness revolution: wheelchair users. Now, smart watch and fitness tracking companies are making efforts toward inclusion.

William Miller writes, "Technology that is reliable and accurate has been shown to be able to positively motivate users to increase physical activity. This knowledge is particularly important for a manual wheelchair user population due to decreased physical activity levels within this population." Learn more [here](#).

"Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

— [Hermann Hesse](#)

Fun Finds / Resources

- **Quite the bike!** [Christian Bagg](#) has always been an outdoor enthusiast, and has created a special mountain bike, "...so everyone can have the chance to go on an adventure."

- A [podcast](#) on the topic of **Mobility Justice**, from the Disability Visibility Project, features Maddy Ruvolo who shares how she first became interested in transportation issues -- plus her vision for inclusive and accessible cities in the future. A transcript is also available [here](#).



- Curious about **adaptive fashion** trends? Watch the upbeat and inclusive 2020 Runway of Dreams show, [here](#).

- **Why disabled voters could be a key voting bloc** in the 2020 US elections: check out this recent [article](#) in Time magazine.

Thanks for reading,
Your friends at Ride Designs



P.S. If you somehow missed the last newsletter, the most viewed item was a video interview with David Trujillo who says, "My biggest challenge was just trying to get back to the life I lived before... adapt, and figure out what I could still do and what I couldn't do, and just move forward." Head out to the track with David [here](#).

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