



Dustin Anderson, left, and Farah Nazarali stopped by the lake in Osoyoos last week on their bright yellow tandem bicycle, during their Vancouver to Ottawa trek promoting health and fitness. *Photo by Julie Turner*

Tandem bikers spread health & fitness message

Dustin Anderson, who dubs himself “the Purple Pirate”, and Farah Nazarali, “the Smiling Yogi”, rode into Osoyoos last week on their MICWIC recumbent tandem bike – the only one of its kind in Canada. The bike turns heads wherever they go and Nazarali, who faces backwards, says it’s like “having eyes in the back of your head” as she can see what is hap-

pening on the road behind while Anderson pedals ahead.

The pair left Vancouver April 1 and plans to be in Ottawa by June 4, averaging 120 km a day.

They are spreading the message of healthy living to children and adults by holding workshops on diet and yoga. Anderson’s focus is on non-competitive fitness for children and Nazarali is a health

educator and yoga guru. While in town, they held workshops on the “rawganic” diet and laughter yoga at Big Banana and the Legion.

Anderson says the pair is enjoying the journey and hopes to connect with people in small towns and cities as they make their way across Canada. You can check out their journey online at 5000forhealth.com.