

""Twitter handle (and profile name): OpaatM (OPAAT MOVEMENT)

**Twitter description:** OPAAT Is about more than riding bikes. Discover a whole new way of seeing the world while raising Suicide Awareness Tell us your story #opaatmovement

**Description of the organization from a third party source:** "Our mission is to encourage activities, like cycling, that contribute to our overall well-being while providing suicide awareness; to make stronger healthier safer communities."

**Scraped text from their home page of their website:** Titles: One Pedal At A Time Movement

**Headings:** Together we can Change the Stigma\_x000D\_

**One Pedal at a time\_x000D\_**

**JOIN THE MOVEMENT; Start here; Donate now; Help Our movement; About Us; #OPAATMOVEMENT :** A Visual Journey of One Pedal At A Time Movement's Outreach

**Paragraphs:** "One Pedal At A Time is about more than simply riding bikes. Its about discovering a whole new way of seeing the world!"; Suicidal thoughts usually arise due to challenging or stressful life situations. According to research, substance abuse is the second most common risk factor for suicidal behavior after depression. People who abuse alcohol are 10 times more likely to commit suicide than the general population. People who abuse drugs are 14 times more likely. People addicted to drugs or alcohol are at higher risk of mental health issues, which can result in thinking about or attempting suicide even when the reason for the stress is just temporary, such as losing a job or the end of a romantic relationship. CONTINUE READING; Your support and contributions will enable us to meet our goals and improve conditions. We appreciate your generosity and support. We are a public 501(c)3 non profit corporation. Your donation is tax-deductible within the guidelines of U.S. law.; Our MISSION is to ENCOURAGE ACTIVITIES, like cycling, that can contribute to our OVERALL WELL-BEING while providing SUICIDE PREVENTION AWARENESS EDUCATION; To make STRONGER HEALTHIER SAFER COMMUNITIES.; ; Learn more About Us; ; Copyright (C) 2023 One Pedal At A Time Movement Inc - All Rights Reserved.; Powered by GoDaddy

**Scraped text from their about page of their website:** Titles: One Pedal At A Time Movement

**Headings:** About Us; Our Programs; Live to Ride Community Rides; WE are in transition to helping youth; WE are in transition to helping youth; WE are in transition to helping youth; WE are in transition to helping youth; WE are in transition to helping youth

**Paragraphs:** Our MISSION is to ENCOURAGE ACTIVITIES, like cycling, that can contribute to our OVERALL WELL-BEING while providing SUICIDE AWARENESS AND EDUCATION; To make STRONGER HEALTHIER SAFER COMMUNITIES.; ; Why do we have so many colors in our Logo's?; When we started we wanted to have colors that encouraged positivity to those struggling in the dark. Those colors have purpose and meaning.; ; The Short answer!; ; Red - Willpower\_x000D\_

**Turquoise - Healing\_x000D\_**

**Yellow - Contentment\_x000D\_**

**Orange - Creativity\_x000D\_**

**Purple - Spirituality; ; The Longer Answer!; ; OPAAT Movement strives to have all see the principles of\_x000D\_**

**WILLPOWER-** Ability to resist short-term temptations in order to meet long-term goals. It is important to establish the motivation for change and set a clear goal. Second, you need to monitor your behavior toward that goal.\_x000D\_

**HEALING-** Doesn't happen overnight, no matter how much you want for it to happen. It takes time and patience. \_x000D\_

**CONTENTMENT-** Opportunity for minimalism, it also reduces your stress level, improves your outlook, relaxes your body, and makes your life enjoyable.\_x000D\_

**CREATIVITY-** May involve an art, a craft, learning an instrument or any other medium. It also might be about living a life using your own passion and originality to continue on a path you've chosen.\_x000D\_

**SPIRITUALITY-** If you are having a hard time finding graceful answers within your spiritual path, it probably means you are trying to be something you are not. \_x000D\_

**At its essence, willpower is the ability to resist short-term temptations in order to meet long-term goals. Lack of willpower isn't the only reason you might fail to reach your goals. Willpower researcher Roy Baumeister, PhD, a psychologist at Florida State University, describes three necessary components for achieving objectives:** First, he says, you need to establish the motivation for change and set a clear goal. Second, you need to monitor your behavior toward that goal. The third component is willpower. Whether your goal is to lose weight, kick a smoking habit, study more, or spend less time on Facebook, willpower is a critical step to achieving that outcome.\_x000D\_

**The first thing you need to realize is that healing doesn't happen overnight, no matter how much you want for it to happen. It takes time and patience. If you really want to feel better, you need to let things take their course.\_x000D\_**

**Not only does contentment provide the opportunity for minimalism, it also reduces your stress level, improves your outlook, relaxes your body, and makes your life enjoyable. There is an unmistakable freedom that accompanies contentment: a freedom to be who you are, enjoy who you are, and live the life you were destined to live.**

**It is not selfish to decide to find meaning in your life. It is time for you to be you. Making a living is important, but so is leading a fulfilling life. Maybe your job is fulfilling, maybe it simply provides the means to support what is important to you, if not, don't give up on your soul. Listen to it. No one remembers their last tax return when their life flashes before their eyes. "Creativity" may involve an art, a craft, learning an instrument or any other medium. It also might be about living a life using your own passion and originality to continue on a path you've chosen. Your individual creativity can save your life; it's your soul talking to you. Ignore your creative beast at your own peril.**

**If you are having a hard time finding graceful answers within your spiritual path, it means you are trying to be something you are not. So simplify and shift your stories if this is the case for you. ; The Words Associated With The Color**

**O**

**Red - Energy, strength, motivation, confidence, willpower, courage, initiative, focus**

**P**

**Turquoise - Calm, cleansing, healing, personal relationships, sharing, friendship, resilience.**

**A**

**Yellow - Uplifting, cleansing, self respect, self confidence, self control, ability to rationalize and reason, contentment, mentally stimulating.**

**A**

**Orange - Stimulates body and mind, self esteem, optimism, inner strength, creativity, self expression, happiness, opens mind to new ideas and perspectives, revitalizing.**

**T**

**Purple - Wisdom, intuition, understanding, spirituality, peace, calm, inspiration**

**MOVEMENT**

Change- life, surroundings, physical, emotional, spiritual, mood, sleep, behaviors, health.; Get to know "Lt. Dan" and the story of OPAAT. Dan's story is an incredible journey of grace and courage. If you've met Dan before, then you've seen the infectious smile and true contentment that rests gently with him wherever he goes. But as some also know, this hasn't always been the case. There have been many days where the voices of fear, shame, depression, and anxiety have made it hard to smile and trust others. The years of sexual abuse, PTSD from time served in the military, battling years of painful addictions, and struggling to ever have any real peace eventually lead to believing this life just wasn't worth living anymore. After multiple failed suicide attempts, Lt. Dan was invited to go on a weekend ride with friends that would inevitably change the course of his life forever. It was on this ride that Dan was invited to take things "one pedal at a time" and slowly began to learn the hidden wisdom of simplicity. Dan returned from this trip determined and a dream was born. Cycling had proven to be so transformational that he decided to sell everything he had and get a bike and gear to begin a journey around the country visiting fellow veterans who he had served with in the Navy. As the trip began, it became obvious that this was meant to be even more than just a trip to visit friends. There was a deep passion to share this gift of cycling with others and the OPAAT Movement has begun! Now after completing the Lower 48 States and 22,000 miles, you're invited to be a part of this continued journey and learn to take life One Pedal At A time.; There are many ways you can help!; ; I am Daniel Hurd of Ride With Dan USA and the One Pedal At A Time Movement (OPAAT Movement). This is how this journey all started for me and how a movement was born for us.\_x000D\_

In 2017, I was in a dark place in life. I had tried to commit suicide for the third time and felt like my life was this dark void. After I was released from the hospital I was in the stage of telling everyone I was better but deep down I still had no idea how to change my life or what direction to go in.\_x000D\_

My best friend had tried for years to get me to go bicycling with him with no success. He was an avid rider and I never really had the motivation to join him. I rode motorcycles and in my mind that would be a downgrade. This time though, for several reasons I ended up taking up his offer. With nothing to lose I decided to ride with him and two mutual friends. We rode 20 miles! It felt good in the moment but I still felt the same after. A few days later we rode again. This time 30 miles! Again in the moment riding felt good, but this feeling of being in a void lingered. What changed everything was the third ride I took with him the following weekend. We took a 166 mile trip. I remember in the first half of the ride falling asleep while riding and barely made it to our destination. What helped me get through it though was the encouragement of my friend who told me "stop worrying about what we've done and don't worry what we got left; it's left right left, one pedal at a time."\_x000D\_

After that trip everything changed. I realized what got me through it wasn't worrying about the past or the future but only by living in the moment. Taking it "one pedal at a

time" became my mantra and my turning point. Hearing that being said to me was like someone throwing a glow stick in the void. My void wasn't as deep as I thought.\_x000D\_

I fell in love with bicycling quick and started planning longer trips. I became addicted to cycling. This was a better addiction then my past choices of alcohol and drugs. Only a few months of riding I knew that I needed to do something EPIC. Realizing living in the moment was the key for me in my life which has led me to this journey. On March 5th 2018 from Massachusetts I started on a projected 3 year EPIC Journey of the Lower 48 States.; LEARN MORE AND FOLLOW LT. DAN'S JOURNEY OF LIFE AT [RIDEWITHDANUSA.COM](http://RIDEWITHDANUSA.COM); Our community is full of people who want to help. We work to connect communities through cycling to change the stigma surrounding mental health and suicide awareness. Want to host a ride in your community?; Suicide is a serious public health problem among all age groups. Among youth, it exacts an enormous toll due to the significant years of potential life lost. In 2018, suicide was the second-leading cause of death among 10- to 24 year-olds.; ; Our youth are the future and the step we need to take towards helping make suicide-safer communities. more details coming in future.; ; We will continue to provide START training and resources for all!; Copyright (C) 2023 One Pedal At A Time Movement Inc - All Rights Reserved.; Powered by GoDaddy

Scraped text from their mission page of their website: Titles: NA

Headings: NA

Paragraphs: NA

Scraped text from their history page of their website: Titles: NA

Headings: NA

Paragraphs: NA

**Summaries of Links:** Based solely on the provided information, it can be inferred that this organization is likely focused on providing assistance and support to individuals. The presence of options such as "help-myself" and "help-someone" suggests that the organization offers resources and guidance to those seeking assistance, as well as opportunities for individuals to contribute and help others. The inclusion of links to donation platforms and a section on "ways to donate" indicates that the organization relies on donations and contributions to support its activities. Additionally, the presence of social media links and a website suggests that the organization actively engages with its community and promotes its mission and initiatives through online platforms."""