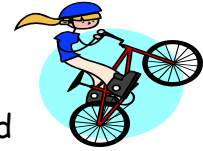


Riding your Bicycle is Fun and Healthy Too!



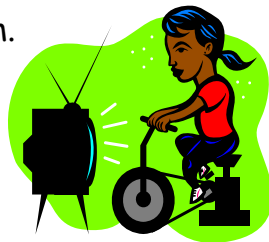
Riding your bike with your friends or family is a fun and enjoyable activity that we love to do. Did you know that it can also be good for you? Cruising on your bike has more benefits than feeling the wind in your hair. It's good for your health and will guaranteed put you in a good mood! Bicycling is the best way to check out your neighborhood and the city that you live in while getting the exercise you need to stay healthy.

Most Americans don't get enough exercise, and this has caused a rise in health risks and problems. These days, most kids like playing video games and end up missing out on outdoor activities. Riding your bike can reduce the risks for diseases such as diabetes, heart disease, and obesity. You may think that you a one healthy kid, but the fact is more and more children are getting sick from not exercising enough. Riding your bike a little each day or even each week will keep your heart, mind, and body in the best shape ever!



In order to get all of the health benefits from riding your bike, you also have to be sure that you are riding safely. Always wear your helmet, and if needed, elbow and knee pads. It is the Law and the smartest thing you can do. By simply wearing your helmet, you are reducing the risk of damaging your brain by 85%. That means that if 10 bicyclists all wearing their helmets fell and hit their heads, only one of them has a chance of hurting their brain! It is not something to take a chance on. After all, your body cant be healthy without your brain working to its best ability!

Bicycling down your street, riding to the store, or even getting to school are all ways that bicycles make life easier and more enjoyable. A bicycle is like a first vehicle for those to young to drive, and gives the rider a sense of freedom. stronger and yourself sitting grab your bicycle



At the same time, it also makes you happier. Next time you catch in front of the television or computer, and explore the world!