



### DRIVE YOUR BIKE! KEYS TO SAFE AND HEALTHY CYCLING



Riding a bike is a great way to stay fit, get around your neighborhood or town, have fun with family and friends, and enjoy the great outdoors. While bike riding can be so good for our health, there is also a risk of crashing or falling. Many times we end up sharing trails with other bikers or walkers, sharing roads with cars, or riding on rough terrain. It's important when we're riding to do everything we can to stay safe. Today your child learned about four ways to do that.

**Follow the law:** It's important to know the rules of the road such as riding on the right and in a straight line, and always signaling your stops and turns.

**Be aware:** Pay attention to your surroundings, as well as to yourself and your equipment.

**Be visible:** Make sure all bikes in your family have reflectors. Ride during day light and wear bright clothing.

**Save Your Brain:** Always wear a helmet...no matter what your age!

*Credit: Bikemn.org/education/walk-bike-fun*

### AT HOME ACTIVITY

In class we watched a video featuring former NFL player Ben Utecht talking about his experiences with brain injury. He highlights the importance of always wearing a helmet when cycling, and how to make sure your helmet fits properly and your bike is in good working order. Watch the video yourself and then together with your kids, if you have bikes in your household, do a helmet inventory. Make sure that you have a properly fitting helmet for each member of the family who rides.

The video can be found on YouTube at:  
<https://www.youtube.com/watch?v=p7v1g6lht2w>

### REHYDRATION STATION



Rehydrate with water after cycling or any other physical activity! You may need more water in hot temperatures or if you sweat a lot. Mild dehydration can cause headaches, nausea and fatigue (tiredness). Sports drinks and energy drinks may seem more desirable but can be loaded with added sugar, coloring, flavors and caffeine. Sports beverages can be helpful to athletes who are doing intense activity. For children, they are usually just a source of extra calories that are not needed.