

Let's Get Moving!

Biking is good for you and your body!
Make it a part of your life – every day!

Biking:

- helps keep your heart strong and your circulation healthy.
- is perfect for people of all ages.
- is fun, convenient, and affordable.
- is a pollution free activity that helps keep the air clean.
- is a cool way to meet new friends when you join a biking group.

Ride your bike at least twice a week by biking to work, school, or to run errands.

Check out a new bike path or trail and explore the scenic outdoors.

Spend quality time with your family by going on a bike ride together.

Benefits of staying active:



Builds muscle & strong bones



Improves your sleep

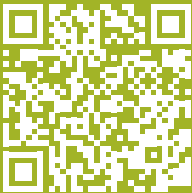


Enhances your mood & overall wellness



Do more and get more out of every move – every day!

Learn more ways to get active at Moving Matters.



Building Healthier Communities

