

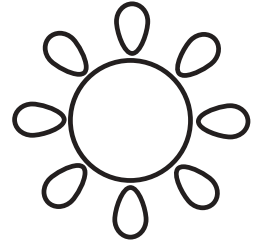
# MAY IS NATIONAL BIKE MONTH!

Here are 6 reasons to ride your bike this season.

1

## BIKING IS THE NEW GOING OUT.

Do you catch yourself gazing out the window, wishing you were outside to enjoy this sunny spring weather? Take a ride in your neighborhood as a quick break from staying in!



2

## ROADS ARE SAFER THAN EVER.

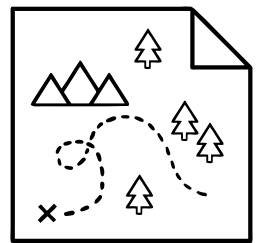
With fewer cars on the road, biking is safer than ever! Just remember to continue practice safety precautions, like wearing a helmet and reflective gear, using bike lights and obeying local traffic laws. Check out the DMV's website for information on sharing the road.



3

## MAKE IT A FAMILY AFFAIR.

Tired of board games and baking? Try biking in your neighborhood as a way to bond with loved ones while maintaining social distancing. Be creative! Experiment with geocaching to do some sightseeing in your local area.



4

## RIDE YOUR BIKE AS A FORM OF EXERCISE.

Biking is more time-efficient, burns more fat, and has less impact on your joints than walking. If using a stationary bike, crank up the intensity to burn more calories.



5

## BIKING CAN BOOST YOUR IMMUNE SYSTEM.

When treated as exercise, biking keeps immune cells active, helps fight infection in the long run, and slows the aging process. It is never too late to try to improve the quality of your health.



6

## BIKING CAN IMPROVE BRAIN HEALTH.

Biking can help reduce stress and anxiety and improve memory, productivity, and creativity. So if you're having a dull moment during this lockdown and need some inspiration, ride your bike!

