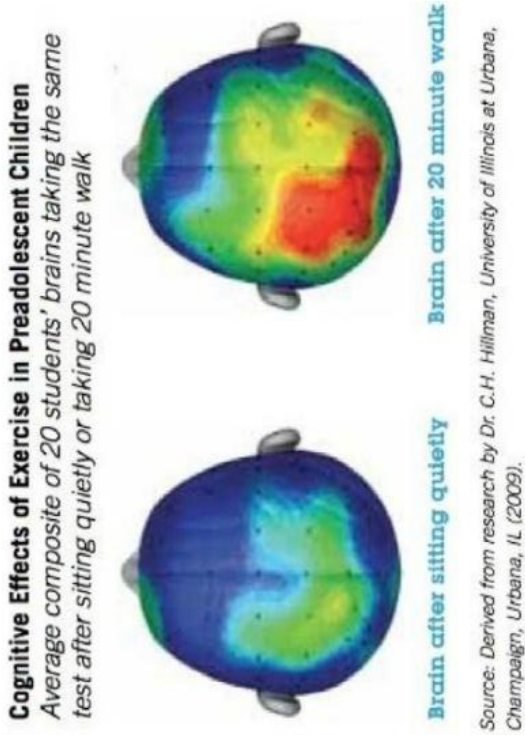




**Earn A Bike and You.** We, at Earn A Bike, are here to help you to create a healthy and active lifestyle for yourself and riding a bike is an easy and fun start! We want to empower you by helping you to understand the wonderful benefits of having general bicycle knowledge, having healthy ways of living and fitness, and knowing the importance of movement and being active and healthy.

**Examine.** Look at the picture of the 2 brains. Note how important movement is to “wake up” our brains.



**Watch and Learn.** Using YouTube, watch the video titled, “Bicycle Safer Journey” by the USDOTFHWA to get a quick intro and understanding of bicycle safety.

**Reflect.** Moving forward, what are you most excited to learn about?

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Name and Grade Level