



BIKE RIDING!

Most doctors agree that bicycle

_____ is a/an _____ form

(verb/ing)

(adjective)

of exercise. _____ a bicycle enables

(verb/ing)

you to develop your _____ muscles

(part of body)

as well as _____ increase the rate

(adverb)

of your _____ beat. More _____

(part of body)

(nouns)

around the world _____ bicycles than

(verb)

drive _____. No matter what kind of

(animals)

_____ you _____, always be

(noun)

(verb)

sure to wear a/an _____ helmet. Make

(adjective)

sure to have _____ reflectors too!

(color)

