



BIKE RIDING!

Most doctors agree that bicycle

_____ is a/an _____ form

of exercise. _____ a bicycle enables

you to develop your _____ muscles

as well as _____ increase the rate

of your _____ beat. More _____

around the world _____ bicycles than

drive _____. No matter what kind of

_____ you _____, always be

sure to wear a/an _____ helmet. Make

sure to have _____ reflectors too!

