



Get Up & Move!

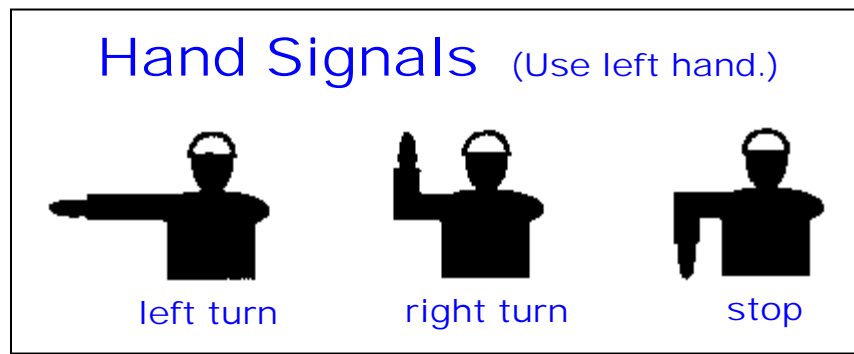
Family Activity

Series 3: May

Bike riding is a great way to exercise in the warm weather. For this month's family activity, go on a bike ride together.

Before you start, review all bicycle safety rules, including:

- All traffic signs and rules
- Know hand signals:



- Ride single-file on streets and highways
- Make sure your bike is in good condition
- Wear light-colored clothing or reflective tape, especially at night
- Always wear a helmet
- Ride smart! Watch out for uneven surfaces, rocks, pedestrians, and cars

Before you leave, practice bike safety in your driveway by creating safety scenarios. Set the scene by drawing a street and crosswalks with chalk. Create props for stop signs, motor vehicles, and other obstacles you might face while riding your bikes on a real street. Examples:

- Practice stopping at stop signs and using hand signals when turning.
- Cross the "street." When crossing, make sure to walk, not ride, your bike.

Pick a safe route! Do you have a local bike path or large park in your area to which you can ride? For a bike trail in your area, please see <http://www.dot.state.il.us/bikemap/STATE.HTM>.

Have fun and be safe!

