

MAY 2016

liveWELL



## Let's Ride

**May is National Bike Month.** Established in 1956, Bike Month is growing faster than ever. Whether you bike to work or school, ride to save money or time, pump those pedals to preserve your health and the environment, or simply love to explore, join the national celebration of bikes all month long and get rolling again. Pedal your way to your best health!

- **RIDE READY:** Check your tires, brakes, and chain, and wear a helmet!
- **FOLLOW THE LAW:** You have the same rights and duties as drivers.
- **BE PREDICTABLE:** Make your intentions clear to everyone on the road.
- **BE CONSPICUOUS:** Ride where people can see you, and wear bright clothing.
- **THINK AHEAD:** Anticipate what drivers and pedestrians will do next.

**National Bike to Work Week—May 16–20, 2016**  
**Bike to Work Day—May 20, 2016**