

# 5210 FEATURE:

# May is Bike Month



Here's how you can put 5-2-1-0 into action this month:

## NATIONAL BIKE MONTH:

Celebrate [National Bike Month](#) during the month of May by reaping the physical and mental health benefits of cycling, including:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress and anxiety levels
- improved posture and coordination

Riding a bike is a great way to work towards the 5-2-1-0 goal of *1 hour of physical activity* every day!

## BIKE SAFETY TIPS FOR KIDS:

Bike safety is important!

- Always wear a helmet.
- Use hand signals when turning or stopping.
- Wear bright clothing or reflective materials.
- Ride on the sidewalk, path or trail, if able.
- Ride with a family member, if needed.

### RESOURCE:

Iowa Safe Routes to School has launched a digital classroom with free bike safety courses. Click [HERE](#).



## CYCLING + SOCIAL DISTANCING

Due to the COVID-19 outbreak, practice social distancing when you bike:

- Maintain a 6-foot distance when you pass others on trails.
- Avoid biking during peak hours near popular parks or trails.
- Biking with friends is fun – but for now – only bike with people who live in your household.

The 5-2-1-0 Feature is brought to you by:



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FIND MORE 5-2-1-0 RESOURCES: [www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

