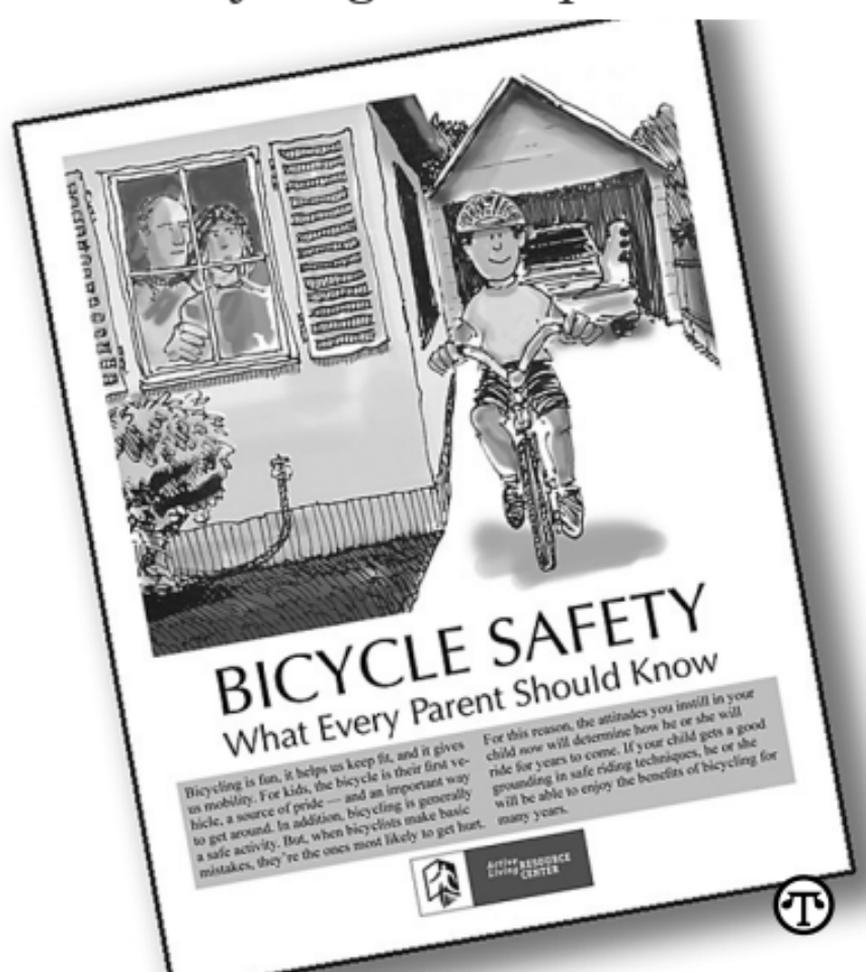


# Cycling Safety

## Bicycle Safety: What Every Parent Should Know

(NAPSA)—For children, a bicycle is often their first vehicle, a source of pride—and an important way to get around. While bicycling is generally a safe activity, when young cyclists make basic mistakes, they're the ones most likely to get hurt. That's why it's important for parents to not only teach youngsters the rules of the road, but safe cycling techniques as well.



**A free cycling brochure for parents discusses (in English and Spanish) safe cycling techniques, how to avoid common accidents, and more.**

According to experts, spending just one hour going over this information can help make kids safer cyclists. And this provides a double benefit for parents: children are able to get to many nearby places (school, a friend's house, the library) on their own. Plus, cycling provides good aerobic activity to help reduce the risk of childhood obesity.

Teach your children to be safer cyclists. Download (in English or Spanish) a free pamphlet, "Bicycle Safety: What Every Parent Should Know," at [www.active-livingresources.org/parents.php](http://www.active-livingresources.org/parents.php).