

SPIN CYCLE.

Physical activity is as important for your overall wellness as what you eat and how you live. But exercise shouldn't feel like just another chore, or you won't want to do it. **Exercise should be fun!** That's

the big number

85

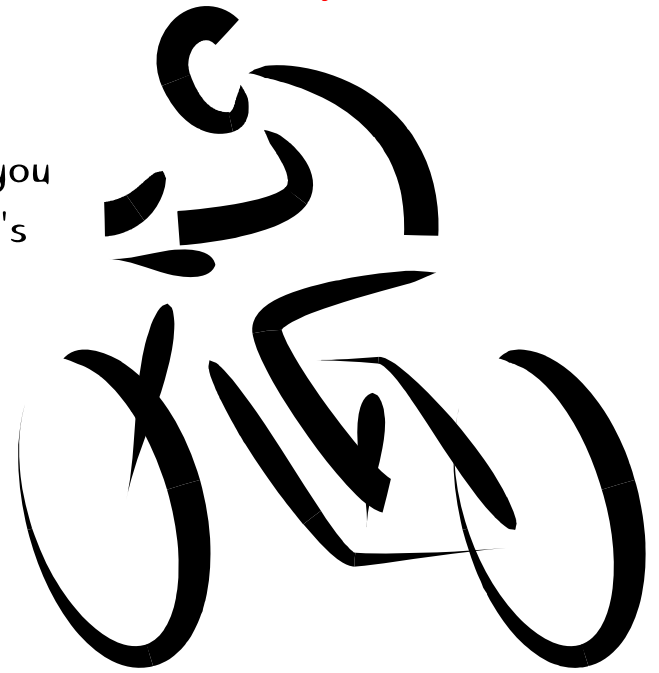
85% of all bicycle-related head injuries can be prevented by wearing a helmet

why an activity like cycling is so great.

Riding a bike gets you out in the **fresh air**. Cycling, even at a casual pace, **burns calories like crazy** - 300, 500, even 1,000 calories an hour, depending on how fast you're peddling. And the coolest thing of all about cycling is that it can actually **get you from point A to point B**.

So riding a bike isn't

just fun - it's practical, too! To stay safe, try to wear bright clothing when you bike and obey the rules of the road. And **ALWAYS, ALWAYS, ALWAYS** wear a helmet!



**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

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