



BIKE RIDING!

Most doctors agree that bicycle

_____ is a/an _____ form
(verb/ing) (adjective)

of exercise. _____ a bicycle enables
(verb/ing)

you to develop your _____ muscles
(part of body)

as well as _____ increase the rate
(adverb)

of your _____ beat. More _____
(part of body) (nouns)

around the world _____ bicycles than
(verb)

drive _____. No matter what kind of
(animals)

_____ you _____, always be
(noun) (verb)

sure to wear a/an _____ helmet. Make
(adjective)

sure to have _____ reflectors too!
(color)

