Biking is great for getting around, and it’s also great _________ exercise _________.

But bike _________ injuries _________ are common, so it’s important to follow the rules of the _________ road _________ and bike _________ laws _________ set by your community. Smart kids and teens wear _________ helmets _________ whenever they ride bikes. A bike helmet should fit _________ tightly _________ and should not be tilted. When you buy a bike helmet, you should make sure it has a _________ CPSC _________ sticker.

Everyone should wear _________ bright _________ clothes and _________ sneakers _________ when they ride bicycles.

Bike riders should stay on the _________ right _________ side of the road and go the same _________ direction _________ as traffic. Bike riders also need to stop at all _________ stop signs _________ and obey traffic laws. Bike riders should use the correct _________ hand signals _________ and never change directions or lanes without looking behind themselves.

Smart kids and teens never _________ text _________ or listen to _________ music _________ while they’re riding bikes so they don’t get distracted.