

SPIN YOUR WHEELS.



Biking may be the only activity that combines **exercise, fun, AND transportation!** The exercise part is obvious: even at a leisurely pace, a 150-lb person **burns 400 calories** in an hour of cycling, and at a faster pace you can **double that burn rate!** If you've ever spent an hour on a bike, especially with family and friends, you know the **enjoyment and stress-relief** that cycling provides. And for people who can cycle to work or other activities, **the transportation savings are tremendous** – cycling saves 30 cents or more for every mile you don't drive. Just remember to always wear **bright clothes, close-toed shoes, and a helmet** – and follow the rules of the road!

the big number

150

A person who commutes 5 miles to and from work 50 times a year by bike saves \$150 just on gas and vehicle upkeep.

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

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"SPIN YOUR WHEELS"

EAT BETTER

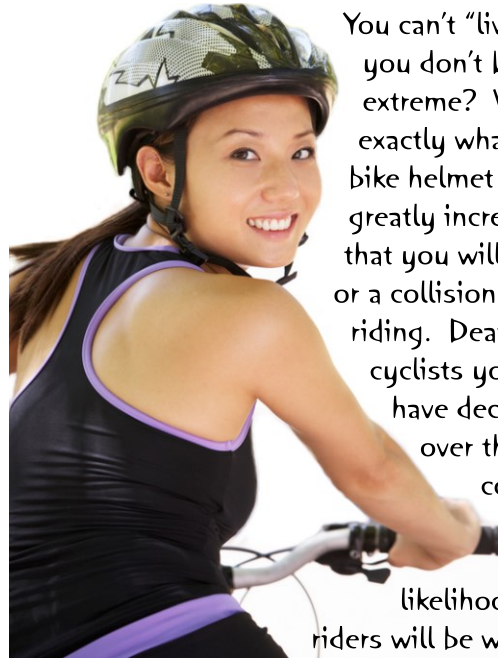
Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

HONEY

Simple carbohydrates provide a fantastic source of pre-workout energy for any aerobic exercise like biking. If you don't want a too-full stomach when you start a ride, a slice or two of whole wheat toast spread with honey or a banana dipped in honey does the trick.



LIVE HEALTHIER



You can't "live healthier" if you don't LIVE. Sound extreme? Well, that's exactly what wearing a bike helmet boils down to – greatly increasing the odds that you will survive a fall or a collision while you're riding. Deaths among cyclists younger than 20 have decreased 86% over the last 40 years, corresponding precisely to the increased likelihood that young riders will be wearing a helmet.

LEARN EASIER



Getting the wheels turning on your bike is a great way to get them turning in your head, too! Inactive children who begin biking show increased brain activity in the area of the brain associated with complex thinking and decision making.

PLAY HARDER

No matter how old or young you are, riding a bike is FUN. You don't just ride a bike for exercise – you ride a bike on the boardwalk, or to a friend's house, or on a cool trail in the woods, or around the neighborhood on a summer evening. And when you enjoy yourself while you exercise, it's that much easier to play harder!



First things First

BREAKFAST @SCHOOL
For first-class learning!

Featuring Healthy Fruits & Grains!

School Meals
We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!

DON'T GET!
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

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