

## 5210 Introduction

Biking provides many benefits for your overall health and well being. Biking with family and friends can also provide quality time together. Try organizing a walk and bike school day or even with your neighborhood. Use the challenges to incorporate more bike activities.

#bikesafety  
#nationalwalkandbiketoschoolday  
#5210HMC



## Post to Social Media

Just copy, paste and post!



Ready...Set...Gear up! Learning to ride a bike is an important skill. But before you get up and go learn the proper safety gear and signals that every bike rider should know and be aware of. Check out <https://bit.ly/2GcSgIC> for helpful bike safety tips. To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)!



It's time to put on those helmets and start biking together with your family and friends. Use <https://bit.ly/2t6reKn> to organize a walk and bike to school event #nationalwalkandbiketoschool #5210HMC

## Choose a Challenge

### Walk & Bike to School Day

<https://5210.psu.edu/wp-content/uploads/2018/09/Walk-and-Bike-to-School-Day-3-HMC.pdf>

### Bike Rodeo

<https://5210.psu.edu/wp-content/uploads/2018/09/Bike-Rodeo-hmc.pdf>

### Bike Safety

<https://5210.psu.edu/wp-content/uploads/2018/09/Bike-Safety-hmc.pdf>

### Be a Safe Bike Driver

<https://5210.psu.edu/wp-content/uploads/2018/09/Be-a-safe-bike-driver-hmc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)