

## Biking Safely

Riding a bicycle is not only a fun family activity, it's also a great way for people of all ages to exercise. Some people even use their bicycle to commute to work, go to the grocery store, or visit friends and family. When you're out and about on your bike, it's important to know how to be safe.

### Getting ready to go:

- Choose a bicycle that's the right size for you so you can control it.
- Make sure the brakes are working properly and the tires are inflated to the correct pressure.
- To make sure motorists can see you, get a flashing red light for the rear of your bike and a white light and/or reflectors for the front.
- Wear bright, neon-colored clothing with reflective stripes and patches so that motorists can see you at night and in low-visibility conditions.

### Riding safely:

- Always wear a helmet that fits correctly.
- Avoid riding your bicycle at night.
- Obey all traffic laws, including stoplights, signs, signals, and lane markings.
- Ride your bicycle in the same direction as traffic, never against it.
- Stop at all intersections before crossing the street.
- Signal when you make turns.
- Be careful near parked vehicles; someone might suddenly open their door.
- Watch for vehicles going in and out of driveways.
- Yield to pedestrians.
- Alert pedestrians when you're close to them. Say "passing on your left" or use a bell or horn.



### Quick Tip

For more information about biking safely, visit the National Highway Traffic Safety Administration website at [www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles).

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



**National Institute on Aging**

National Institutes of Health

U.S. Department of Health & Human Services

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.