

Activity sheet 3

Cycling health



FAQs

Can you answer these frequently asked questions (FAQs)?
People want to know how cycling can keep them healthy.



Adam asks: I'd like to take more exercise. Can you give me one good reason for taking up cycling?

Answer: _____

Steven asks: I'm a new rider and I don't know how much cycling I should be doing to stay healthy. What do you advise?



Answer: _____



Sophie asks: I find that when I go on a cycle ride I get really thirsty and hungry. What should I be eating and drinking?

Answer: _____
