

## How a BMX Biker Stays Healthy and Safe!

**Watching TV on a beautiful summer day?** No way! Getting outside and finding a sport you like is better for you — and more fun, too! Just ask 6-year-old PJ O'Brien. Last year, he was the #1 BMX bike racer in the country among new bikers in his age group. And there's nothing he loves more.

"I love riding my bike. I learned from my dad, and we practice racing together," says PJ. "It's so much fun. The next racing season is starting, and I can't wait!"

Although PJ likes to go fast, he knows to take care of himself, too. When he had a fall a few years ago, his helmet saved him from getting a serious head injury. "I always wear my helmet when riding," says PJ. "It keeps me safe. Everyone should wear one on a bike."



PJ O'Brien,  
6 years old

### Power Up with Water!

Did you know your body is two-thirds water? Water helps us stay healthy and strong. But in the summer, you might sweat a lot — which means your body is losing liquid. Make sure you drink plenty of water before, during, and after playing outside. Don't wait until you are thirsty — just take a break every 20 minutes or so to sip some water.

