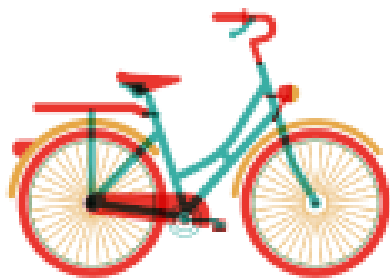


BURN FAT



NOT FUEL

Jackson County



PLAN 4 HEALTH

Cycling Benefits

Increased cardiovascular fitness

Improved muscle strength and flexibility.

Improved joint mobility.

Decreased stress levels.

Improved posture and coordination.

Decreased body fat levels & strengthens bones.

Prevention or management of disease.

Reduced anxiety and depression.

LIFE IS LIKE

riding a bicycle.

TO KEEP YOUR BALANCE YOU MUST KEEP moving.

—ALBERT EINSTEIN

Jackson County



PLAN 4 HEALTH

