

Wear a Helmet!

10 Terrible, Horrible, No Good, Very Bad Excuses for Not Wearing a Helmet!

- 1. They're too heavy!**
Not anymore. Today's bicycle helmets only weigh about a half a pound.
- 2. I don't need one if I don't ride fast.**
Get this... Even if you were just sitting on your bike talking to friends and you fell and hit your head, your brain could be seriously damaged--- Ouch!
- 3. They're too expensive.**
Some helmets cost as little as \$20, which is a lot less than the thousands of dollars you'd pay for a visit to the emergency room!
- 4. A helmet will mess up my hair.**
Okay, true. But a crash without a helmet can really mess up your head. Your choice: a bad hair day or a bad head life?
- 5. I'll look like a geek.**
Wrong. You'll look like a real cyclist, and car drivers will probably respect you more and give you more room on the road because of it.
- 6. They're too hot.**
Because they're so light and have lots of openings for air to pass through, helmets aren't any hotter than having your head exposed to the sun while riding.
- 7. I don't need one if I don't ride on busy roads.**
Not true. Cars are involved in only 10% of bike-related injuries. Falls are a much bigger problem, and they can happen on any road or path.
- 8. I never fall off my bike.**
Maybe not yet, but everybody falls sometime, and it only takes once to do permanent damage.

9. **They're funny looking.**

Helmets today come in lots of cool colors and designs. Find one you like so you'll wear it.

10. **None of my friends wear one.**

Maybe they don't yet know the reasons why a helmet is important. Show them this page and then purchase your helmets together as a group.
