

# SPIN YOUR WHEELS



**Biking gets you where you need to be.**

Would you like a free bike?

Biking is a great way to get exercise and get to the places you need to be. It can also be lots of fun – and is something you can enjoy alone or with others.

If you would like a free re-cycled bike, please take a moment to fill out the information form. Should you be chosen to receive a bike a representative will contact you to let you know when and where to pick up your bike.

You will be required to watch a bike safety video. You may be contacted throughout the year to see how you're using the bike.

Contact Audrey Alexander at 407.858.1400 for more information.

Bikes are provided by Get Active Orlando. Get Active Orlando is a community partnership working to establish innovative approaches to increase physical activity through programs, community design, public policies, and communication strategies. Get Active Orlando encourages at least 30 minutes of physical activity through daily activities such as walking and biking.



For more information on active living visit:  
[www.getactiveorlando.com](http://www.getactiveorlando.com)



Please fill out completely and print clearly.

Submit to the reception desk at the Orange County Health Department, located at 832 West Central Boulevard, Orlando, FL 32805.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Height: \_\_\_\_\_

Age: \_\_\_\_\_

\_\_\_\_\_ Male \_\_\_\_\_ Female

How will you use this bike?

\_\_\_\_\_ Recreation

\_\_\_\_\_ Go to work

\_\_\_\_\_ Run errands

\_\_\_\_\_ Other

(You can check more than one)

Do you own a car? \_\_\_\_\_ Yes \_\_\_\_\_ No

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Get Active Orlando strongly advises contacting your Doctor before accepting a bicycle. Get Active Orlando, and all of its partners, including the City of Orlando and Orange County Health Department, are not liable for any physical injury of damage resulting from the use of the bicycle. Get Active Orlando is not responsible for maintenance of the bicycle after you receive it. Accepting the bicycle indicates acceptance of the above stipulations, and permission to use your photograph to promote the program and/or partnership at its sole discretion.