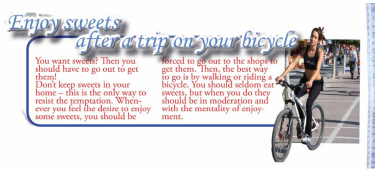


# Enjoy sweets after a trip on your bicycle

Written by

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Enjoy sweets after a trip on your bicycle

Do you want sweets? Then you should have to go out to get them!

Don't keep sweets at home – this is the only way to resist temptation. Whenever you feel the desire to enjoy some sweets, you should be forced to go out to the shopto get them. Then, the best way to go is walking or riding a bicycle. You should seldom eat sweets, but when you do, it should be with moderation and with the mentality of enjoyment.

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