



Bike Tips For A Fantastic Summer!

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Bike riding is a great way to get fit and stay fit while enjoying the summer. It's also an easy way to improve your cardiovascular and muscular endurance. However, an improperly fit bicycle can cause pain and discomfort to your body. A bike that is specifically fit to you will allow your body to work in harmony, creating better posture for a more comfortable ride.

Start with the right bike!

A properly fit bike starts with the right frame. To check, stand over your bicycle's top tube, between the saddle and the handle bars; you should have about one inch of room between you and the frame. For mountain biking on trails, you should have two to six inches depending on the terrain and slope. This allows you to put your feet down in an instant.

Check the seat

Secondly, your seat needs to be at the correct height and tilt. To start, your seat should be level, it can be adjusted to comfort after. If your saddle is tilted forward, your arms and back will be taking on too much weight. However, if your saddle is tilted backwards, you could be placing too much pressure and strain on your low back. The height of your saddle should be set to your legs so you have a slight bend of about 30 degrees. If you have to shift across your seat to pedal it is too high, and will put stress on your low back. A seat too low will increase the stress on your knees.

Bike shoes alignment

Lastly, the alignment of your shoes or cleats determines the comfort of your feet, ankles, knees, hips and back. Misaligned cleats will cause discomfort and stress through all these joints. Your feet should be pointed forward and should have "float" or a little bit of sideways movement between your shoes and the pedals to allow your body its natural flow.

Biking is a great work out so get out there and try it!

Previous Issue

**Summer Is Here
and It's Time To
Get Fit!**

**Getting fit this summer
the smart way will
make it easier to keep
weight off and prevent
overtraining, burnout
and injury – but
realistic goals must be
set.**

