

BIKE TO WORK WEEK



START DATE

END DATE

Bike to Work Week is your chance to try commuting by bike, learn more about cycling and promote a healthy means of transportation.

SUGGESTED EQUIPMENT

Helmet

Front & Back Lights

Lock

Bike Toolkit

Bell

SIZE YOUR BIKE

Straddle the bike you want to use, standing with your feet flat on the ground. There should be 1 or 2 inches between you and the crossbar. If it's a mountain bike, 3 inches is ideal. Less space and the bike is too big for you, more space and the bike is too small.

ADJUST THE SEAT (SADDLE)

Raise it so that when your foot is on the pedal, at the bottom of the stroke, your knee is at a very slight bend. When you're standing, you should be able to sit on the seat with the balls of both feet on the ground. If you have to lean over to one side, it's too high.

ADJUST THE HANDLEBARS

The general consensus is put handlebars higher for comfort and lower for performance. Since there are no standards, try the options and go with whatever feels the best to you.

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