

# Better Biking

## Pedaling For Health

Bicycling is the best way to exercise. It's smooth and easy on your body, easy to fit into your lifestyle, and just plain fun!

1

### INJURY-FREE EXERCISE

Unlike many other forms of exercise, the bicycle supports your weight. There's no impact on your feet, ankles, knees or back. You're less likely to get injured as you add up the miles and pedal your way to health.

*The bicycle supports you and eliminates the pounding*



2

### PEDAL AWAY THE POUNDS

Cycling is excellent for burning calories and losing weight. For example, a 160-pound rider burns about 870 calories pedaling 17 miles in an hour. That's pretty close to what the same person would burn running.

*Biking burns calories without burning you out*

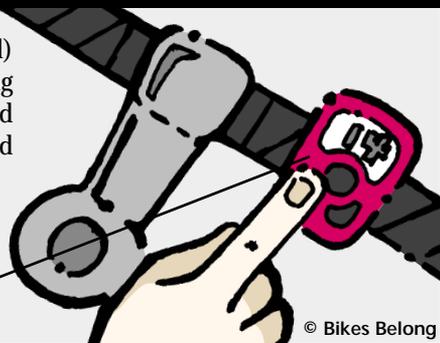


3

### MILES OF SMILES

A bike computer (\$20-30 for a basic model) helps you track your progress. Watching your riding time decrease and average speed increase shows your improving fitness and motivates you to keep rolling.

*A bike computer is a great fitness tool*



# Better Biking

## Two-Minute Pump-Up

Keep your bicycle running well by checking tire pressure before every ride. Properly inflated tires ride smoother, last longer and resist flats.

1

### PRESSURE CHECK

How much air goes in your tires? You'll find a pressure range on the sidewall, such as "35 to 60 PSI" (pounds per square inch). Experiment to find what works best for you. Less pressure offers a more comfortable ride, more air means more speed.

*Check sidewall for pressure range*



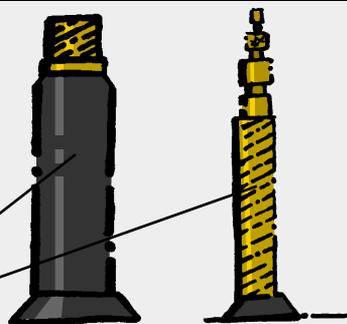
2

### SCHRADER OR PRESTA?

Schrader valves look (and work) like the ones on your car tires. With Presta valves (they have a knurled metal tip), you'll need to open the valve by unscrewing the tip and letting out a tiny bit of air by depressing the tip. Screw it closed when finished pumping.

*Schrader valves: Like your car tire*

*Presta valves: Lighter, easier to fill*



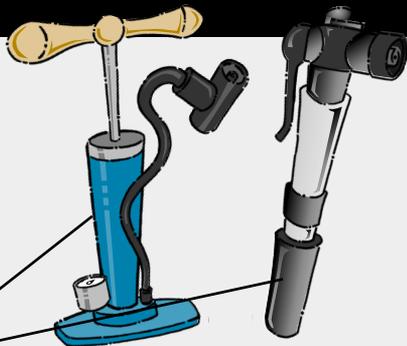
3

### PICK YOUR PUMP

Inflation is simple once you have a bicycle tire pump. Quality models with built-in gauges cost about \$30 to \$60 and are easy to use. You'll also need a lightweight take-along pump for flat repair on the road or trail.

*Use at home: With built-in gauge*

*Take along: Light and compact*



# Better Biking

## Your Comfort Zone

It should be fun to bicycle, not painful. If you're uncomfortable, it could be your equipment, how the bike fits, or your riding style.

1

### SWEET SEATS

Firm, narrow seats work fine for athletic riders who put most of their weight on the pedals. If you're a casual rider, you need more width and more padding. Check out the amazing variety of new seats with new technology to relieve pressure.

*Narrow saddles can be a bummer*

*New designs relieve pressure*

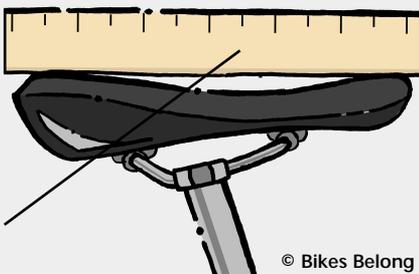


2

### SITTING PRETTY

Soreness should go away after your first few rides. If not, the seat may need adjusting. Its top should be level with the ground. The correct seat height means your knees are slightly bent when your feet are at the bottom of the pedal stroke.

*Check your saddle, it should be level*



© Bikes Belong

3

### TORSO TIPS

If you experience lower back, neck, arm or shoulder pain, your handlebars may be too far away. This forces you to rest too much weight on your arms. Have a bike shop check your position and make the necessary adjustments.

*Sitting up: Easy on your body*

*Forward lean: More speed, less comfort*

