

BIKING 4 HEALTH :

Select the right size and type of bike that suits your Personal Needs & Goals

Select a safe route to begin biking (Road, Bike Path, Off-Road) - Obey Traffic Laws!

Start with a short distance and slowly increase time/distance as you feel comfortable

Schedule Biking sessions into your weekly schedule and make them a priority like any other appointment.

Be sure to bring water and a snack with you to stay hydrated and fueled!

Results to look for:

- Increased Endurance
- Enhanced Muscle Tone
- Weight Loss and more...

Purchase your own Equipment to ensure cleanliness and personal needs:

- Quality-Maintained Bike
- Helmet
- Comfortable Clothing
- Proper Footwear

Bike Types:

- HYBRID/Cruiser/Road/Mountain/BMX/Electric

CrossTrain:

- Be sure to add other types of activities to complement your wellness program
 - Flexibility Movements
 - Interval Training
 - Weight/Resistance Training

Always consult with your MD before you begin any exercise program and seek medical advice if you are having any health issues which may be made worse by starting a new fitness program.