

Achieve Your Best
... We Can Help.

www.humanperformancecentre.ca

HUMAN PERFORMANCE CENTRE

Uncomfortable while riding your bike? We Can Help!

REFIT THE BIKE FIT

When buying a bike, new or used, it should fit properly, much like buying a suit or shoes. Too small and you feel cramped and uncomfortable, too big you feel sloppy and unbalanced. How does one avoid these pitfalls? Well I'm glad you asked. The best places to purchase a quality ride is at any one of four locally owned bike shops, two in Saint John and two in Quispamsis. All the shops carry top quality brands from entry level to pro level with lots of varieties to choose from:

Road bike (10 speed)

Mountain bike

Time trial/Triathlon bike

Fat bike

Yes, I said fat bike. It's a thing. The guys and gals at these shops can fit you for

your new or used bike and all do a great job of it. So why do you need me? Good question. **I bike-fit for people who are having issues with comfort on their bike due to injury or other dispositions.** It can be something as simple as sore hands to strained hamstring or low back. Sometimes you just need a refit.

As a Massage Therapist I study the body's mechanics while on the bike and make the necessary adjustments to improve ride comfort. As I write this I reflect on adjustments I made to my bike to improve balance and symmetry in my peddling, and in doing so I was able to complete a 60km ride without issue. My former bike was a hair too big and I strained my low back, but with physio,

massage, a properly sized bike and fine tuning with a fitting, it felt great. I was able to achieve my best. Let me help you achieve yours: Call the Human Performance Centre today and ask for a bike fitting assessment.



Martin Salkey RMT, CST
Martin is a Registered Massage Therapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact him at 738-8299.



738-8299
3636 Westfield Road

PHYSIOTHERAPY

MASSAGE

FITNESS

NUTRITION