

Bike Fitting

Provider: GiB GmbH

If you cycle to work and want to improve your health and fitness at the same time, you should first get your bike moving. This applies on the one hand to traffic safety and technical equipment, and on the other hand to ergonomic adjustments. The better the bike is adjusted to your body size and personal riding style, the safer, more effective and more motivated you will be on the roads and cycle paths.

Topic: Back and joint health

Prevention Principle: Prevention and reduction of specific health risks

Specific Goals

Ergonomic adjustment of the bike to individual body dimensions, body constitution and personal riding style. Sensitization of the participants to the consistent use of ergonomically adapted and roadworthy bicycles.

Contents

- Wheel geometry, body measurement
- Ergonomic adjustments: saddle height and position, handlebar spacing and handlebar height, seat point determination, foot positioning, pedals
- Visual inspection of frame, brake system, lighting, wheel and bottom bracket and tires

Procedure

Our bike coaches will take a close look at your bike on site and first carry out a visual inspection of the essential equipment features and technical functions. They then record certain body measurements in order to optimally adapt the bike to you, your needs and your riding style according to ergonomic criteria. If you don't have your bike with you, you will receive personal information based on the demo bikes provided.

Results

Our experience with bike fitting shows that the vast majority of participants require significant adjustments, which - as far as possible - are made immediately on site. If you do a few laps with your optimally adjusted bike, you can immediately get an idea of the big differences that can be made with simple movements and small adjustments. At the end, the participants receive a "bike fitting pass" in which the essential dimensions are noted so that they can also make individual settings in the future.

Special instructions for implementation

You can bring your own bike or company bike to the bike fitting, but it is not a requirement. For safety reasons, on-site settings can only be made on bikes that are in perfect technical condition.

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person [Day ≤ 6 h]
- Individual appointment

Requirements

- Space requirement $\geq 12 \text{ m}^2$
- Power connection (230 V)
- Barrier-free access