

TIPS FROM A PHYSIOTHERAPIST:

how to ride Föli city bikes with ease

These tips have been compiled with senior citizens as part of the Föli bike trial.

Remember to adjust the saddle to the proper height

You can adjust the saddle on a Föli bike with a lever on the seat post.

If the saddle is too high, it can make biking difficult and may cause lower back pain. If it is too low, it can hurt your knees.

The right height is when the saddle is at the height of your hip when you stand next to the bike.

Have a good biking posture

Your knees and toes should be facing towards the direction in which you are going.

Keep your shoulders relaxed and your elbows slightly bent while biking.

Use gears to have more or less resistance

Föli bikes have three gears on the right side of the handlebar for shifting.

Choose a lower gear if you are going uphill and you want to make it easier. Shift the gear up if you are biking on ground level or you want more resistance.

First start with short bike rides

Biking is good for endurance and muscle conditioning. If your last bike ride was a while ago, start to get used to it again with short bike rides.

Take advantage of the bike basket when shopping

One risk factor is a shopping bag or purse hanging off the handlebar. A bag can easily swing into the front wheel and get between the spokes which can cause an accident.

