



# **Bicycle Fitting Services**

offered by

## **Mercy General Hospital's Preventive Health Center/Exercise Physiology Lab**

Good bike fit is paramount to maximize performance. That's why **MGH's Preventive Health Center/Exercise Physiology Lab** offers the **Bicycle Fitting Services** program.

Whether an elite athlete or a weekend warrior, this fitting will ensure a more efficient and comfortable cycling experience.

### **Choose from two bicycle fitting levels of service:**

#### **Quick Fit -- \$30**

Includes measurement of four basic areas: foot, inseam, torso and arm length plus a questionnaire that highlights your style of riding, flexibility, age and any pre-existing injury involving neck and/or back.

#### **Performance Fit -- \$75**

Includes the Quick Fit, plus cleat alignment and fine tuning.

**Mercy General Sports Medicine**  
**877.348.2484**

[www.mercygeneral.org](http://www.mercygeneral.org)

