



# Elite Cyclist Bicycle Fitting Services

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

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

Choose from two bicycle fitting service levels to ensure your bike fits your body, effectively creating a more efficient and comfortable cycling experience with less risk of injury.

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

Includes: questionnaire to determine riding style and flexibility; bike-to-body fitting which includes foot and inseam measurement to fine tune seat height; knee positioning over center of pedal; knee and hip, back and shoulder and neck angle measurement for a high performance fit.

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

Includes: Quick Fit, plus bike-to-body fine tuning and proper cleat alignment to the pedal to help reduce ankle, knee and hip injuries and stress.

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

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

