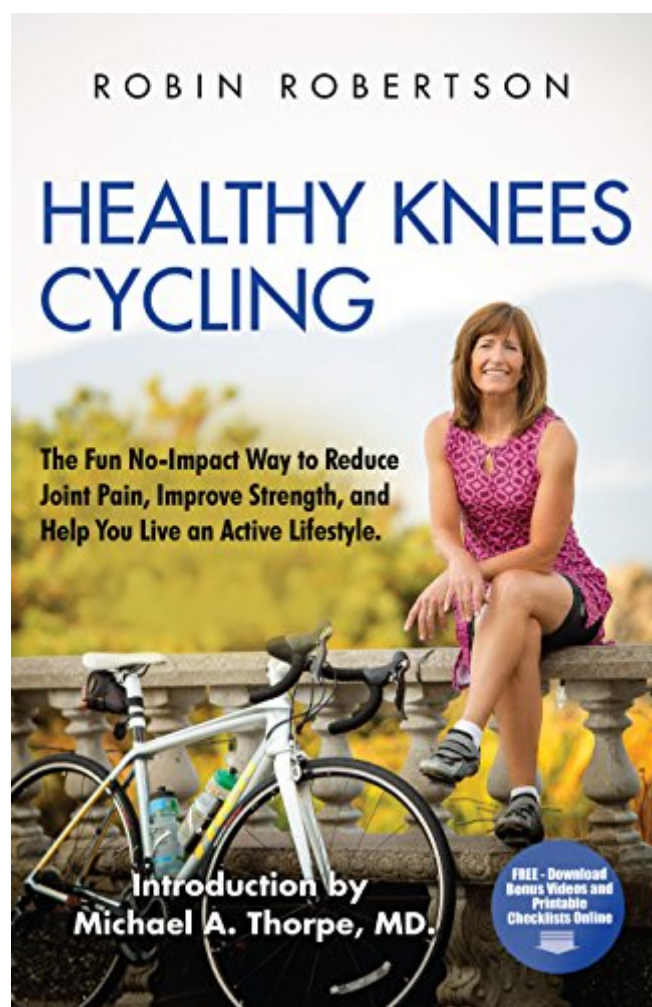


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# Healthy Knees Cycling: The Fun No-Impact Way To Reduce Joint Pain, Improve Strength, And Help You Live An Active Lifestyle



## Synopsis

Even your doctor has told you that bicycling is good for your aching knees and hips. But no one has told you how to do it, until now. There is so much more than just hopping on your bike. This easy to follow book from the creator of Healthy Knees Coach is the ultimate guide to explain everything you need to know about cycling to make it easy for you to get started. Youâ™ll unlock the mysteries of exactly how to set up your bike, secrets of sitting on it comfortably, and how fast and hard to pedal. The workouts show you what to do when you cycle plus bonus material for muscle and core strength and stretching. Whether you are new to cycling or have ridden many miles, youâ™ll learn the simple methods to protecting and strengthening your knees and hips so that you can comfortably enjoy the activities you love.

## Book Information

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## Customer Reviews

I was fortunate enough to take Heathy knees cycling class with Robin for 2 sessions. I have never been a big fan of stationary cycling but what I learned in her class has made it fun and informative

for me to keep doing this at home. I learned so much about how to improve my knee health and feel so much better. I also found a love for cycling! I'm excited to be able to have a book to consult so I can continue with my workouts. I used to alpine ski, play competitive soccer, co-ed ice hockey and alpine hiking all the time before my arthritis stopped me. Let me tell you, it is great to be back doing a sport as I have now taken what I learned with Robin and apply it to biking outdoors.

Good, informative book from the perspective of someone who used cycling as a solution to her own knee pain. Her personal experiences were helpful in convincing me that this might be an option for my own knee pain. Descriptions of proper body alignment and pedaling techniques also were useful and made me more conscious of my cycling form.

FULL DISCLOSURE: I helped edit this book before publication. I edit a lot of books, and some of them can be ... shall we say not so much fun? :-> This one is great, and it made me regret giving my bicycle to the Salvation Army several years ago. Everything from how to easily turn your road bike into a stationary one to rules to help you select the proper bike in the first place, it's all here. I especially like the blog-like chapter where we hear the travel stories. Thanks for a good read, Robin, including detailed instructions on how to ride AND help your knees at the same time. You rock!

Robin is very knowledgeable about cycling and knees and having her book really gave me ideas to use myself and with my clients who want to ride but suffer from different knee issues. Thank you, Robin, for taking the time to put all this together.

The Healthy Knees Cycling book provides clear and concise information regime for improving my arthritic knees. I found the information on fitting a bike very helpful plus the cycling workouts have been great.

I started taking Robin's class Healthy Knees Cycling and had a blast! Also my chronic knee pain started to subside and I was able to start doing my 3 mile walks again. Her book explained how the knee functions, how to set up your bike for riding (something one never realizes as being important), and how to get moving again.

Robin Robertson has been immensely passionate and involved with cycling and physical fitness. After sending her first child to college, she started cycling competitively for a number of years and

had the opportunity to partake in the grueling Leadville 100 trial run, one most physically demanding mountain biking events in the country. To say the least, she is an expert on body health as it relates to staying mobile as a person gains wisdom through time. Healthy Knees Cycling takes Robin's years of personal experience with both her own knees and those of the members of her fitness club, and condenses it into a easy-to-read and enjoyable guide to cycling for all levels, be it finding your way back onto the bike saddle, or how to turn your commute to work into a rehabilitative exercise. Despite my young age (early 20's), this book provides information on how to stay healthy and avoid injury for my younger joints.

Excellent info for beginners and seasoned cyclists. The authors own experience caught my attention from the beginning and her courage and perseverance is translated to the reader with encouragement and purpose. I began cycling due to knee issues and I'll keep pedaling my way to health!!! Get this book! You'll be glad you did!

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