

# *Bike and Hike* How Chiropractic Care Helps



*If you're just starting out your hiking or biking routine,  
your back may not be used to the work yet.*



**If you're new to hiking,  
it might be the challenge that  
you've just placed on your body.**

*Pain generally starts for two reasons. If you're just starting out your  
hiking or biking routine, your back may not be used to the work yet.*

**If you're new to biking,  
it might be caused by the  
posture you take when  
you're riding.**

**Whatever the cause, whenever the  
misalignments are present, the back  
may feel sore, stiff, or generally achy.**



## *How Chiropractic Care May Help*

*For either hiking or biking, chiropractic care may help eliminate that  
soreness or pain, making both activities more enjoyable.*

*By doing so, it means better health and a more active life for  
you all through the fall.*

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