

Before Your Ride:

- **Hydrate: drink water!** On a daily basis for an active person, drinking half your bodyweight in ounces is a great place to start.
- **Stretch:** This not only helps your joints to get moving, it also stimulates your nervous system to help keep you alert on your ride.
- **Rest:** A great night's sleep before a big adventure is key to being awake and ready for your ride.
- **Good food:** You wouldn't pour old gummy gas in your motorcycle engine, don't do it to your body. Fuel your body with healthy food a for at least 1-2 days before your ride, it will help balance your energy.
- **Gear:** Protect your body with the right gear, and your hearing with good ear plugs. Body parts are not easily replaceable - protect the ones you have.
- **Move it:** Go for a walk before you park your butt on the seat of your bike. Move your body, it will thank you later!
- **Clean it up:** Wash your windscreen and helmet visor - seeing where you are going it pretty darn important to keeping you safe.
- **Keep your bike healthy as well:** Check your fluids, tire pressure, tread level, secure all buckles and straps - A healthy motorcycle is a happy motorcycle.



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During Your Ride:

- **Flex it:** Stretch ankles, wrists, neck, and legs. Basically while on your ride, try to mobilize all your joints to keep them happy.
- **Stand up on your pegs:** This is not always the easiest, and beware of state laws, but this will help your circulation.
- **Get off:** Every hour or so get off the bike and walk around. Again, this is to aid in circulation. Smell the roses and enjoy the sights around you (It is a two-fer).
- **Re-fuel:** Snack on high protein snacks to keep your energy up, don't want to get 'hangry' on the road.
- **Hydrate:** Sun, wind, sweat...you need to re-hydrate from lost moisture.



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After Your Ride:

- **Check yourself out:** Notice any additional soreness? Stretch that out and mentally add that additional stretch to your pre-ride stretch routine.
- **Move your body:** Circulation is your friend and being in the same position for long periods of time is not awesome. Go for a walk while re-telling of your adventure to your loved ones.
- **Hydrate:** This does not mean “ice in your whiskey” - drink water, it does a body GREAT.
- **Re-fuel:** Burger and fries on the road are super easy, but sneak in a salad here and there to help tune up your digestion.
- **Plan your next ride:** Where do you want to go next? Who do you want to go with?
- **Rest:** After a big day on the bike, recoup with a good night's sleep.



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