

**Consult with your chiropractor before embarking on an exercise program.**

**Stand. Don't sit.**

**Move.**

**Walk. If walking is difficult, then try walking in a pool.**

**Swim.**

**Hike.**

**Walker faster, up hills.**

**Run.**

**You can overtrain by:**

- 1. exercising too much or lifting too much weight;**
- 2. not resting between big exercise days;**
- 3. not enough sleep;and**
- 4. poor nutrition/under eating**

**When you are trying to lose weight it is easy to over-exercise or overtrain.**

**Try resistance exercises with free weights, or machines.**

**Do one leg standing balance exercises. Try with your eyes closed and a spotter.**

**Stretch after your work-out.**

**tai chi chuan**

**kung fu**

**Avoid ballistic movements with weight training.**

**yoga**

**mix it up**

**Do not sacrifice your joints to train your muscles.**

**Moderate exercise is superior to extreme exercise in terms of human longevity.**

**Don't take pain pills just to get through a work-out. Leave your check engine light intact. Listen to your body. Pain is a signal. Consult with your chiropractor often.**