

Morning Exercise Tips :

Do's and Dont's that Might Surprise You

We've probably all heard that morning exercise is suggested as the best way to start your day. However, it could be doing more harm than good. The disks in your spine are the plumpest in the first hour after you wake; meaning the pressure between your vertebrae is the highest it will be all day. By adding exercise first thing in the morning, you are increasing the intervertebral pressure.



Here are a few things you can do instead to help save you from potential injury:

1. Wait at least 1 hour after waking up to do any exercise or heavy lifting.
2. When stretching, don't pull your knees to your chest. Try simpler stretching such as alternately tightening and relaxing your muscles. This gets the blood flowing while reducing the risk of injury.
3. The worst morning exercise combinations are ones that combine bending, lifting, and twisting.

We want you to stay healthy so you can be a member with us for many years!