



Fitness Tip

***Avoid and/or Minimize
Rounding of the Shoulders***

Anytime Fitness Englewood provides gym membership at reduced costs PLUS additional resources and benefits at no cost to ASAC Members. Convenience is the number 1 barrier to gym membership and with over 3900 gyms and 24 hour access it eliminates that barrier.

Contact James Worrell, Owner
Englewood Anytime Fitness at 303.663.1348 or
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When going throughout the day either at home or at work, the average person tends to load the front of their body more than the back. This is because majority of the of the jobs and activities a person does is either sitting at a desk typing or lifting heavy items. By doing this, we are creating imbalances in our bodies by causing the muscles on the front side of our upper body to become shortened and/or overactive and the muscles on the backside of our upper body to become lengthened and/or underactive. Therefore, it is crucial to take preventative measures by adding the follow exercise to your routine to avoid bad posture and rounding of the shoulders. [**CLICK HERE FOR YOUR WORKOUT!**](#)

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