



Fitness Tip
Lower Back Pain

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.

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Improving Lower Back Pain:

Most of society claims to have experienced some sort of back pain during their life at one time or another. Common causes include improper lifting, poor posture, or lack of regular exercise. Instead of waiting to for symptoms to surface, we could be taking a proactive approach. Believe it or not, majority of the pain we are feeling is actually caused by our core not being strong enough or engaged. The following stretches/exercises will teach your body how active and engage your core properly. By doing these stretches/exercises, you will be promoting better posture and body alignment, reducing your chances for back pain to occur, and could even minimize the lower back pain you already have.

https://www.pumpone.com/print/1520291604488392180.pdf?image_size=medium&print_options=image-tip-tracking&paper_type=us-letter

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