



# Nitschke Chiropractic

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Exercising is a must for all of us but many of us make common avoidable mistakes for example walking with hand weights, like dumbbells may seem like a great way to add strength training to your cardio workout, but it may affect your posture and can lead to injury. It is far better to do your cardio and strength training separately so each one of them gets your full attention.

Many of us focus on cardio only. Although cardio workouts are good for you they cannot be the only type of exercise you do as you will start losing muscle strength. We begin losing muscle as early as 30. If we don't do muscle training our metabolism slows down and our bone density weakens.

Do you stretch at the end of your workout (when your body is nice and warm?) as this significantly decrease aches and pains and reduces delayed onset muscle soreness and prevents overuse injuries.

Do you partake in crash dieting to get quick results?

Extreme dieting programmes for a few weeks to lose weight only sets you up to gain the weight back again quickly.

Yours in Good Health Naturally  
The Nitschke Team