



**Research has shown that people who are physically fit are less likely to have back pain, injuries, and will also recover much faster from injuries than those who are less physically fit.**

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The abdominal and back muscles help to stabilize the spine allowing proper spinal movement and correct posture.

Also, having strong leg and hip muscles allow for proper lifting techniques and body mechanics. Strengthening back and abdominal muscles can help to relieve back pain, provide energy and give a feeling of wellness making daily routine activities much easier. As always if you are experiencing back pain be sure to check with your chiropractor before starting an exercise routine.