



## How Sitting Strains Your Back

Do you spend a lot of time sitting behind a desk? Remember to take frequent breaks and move.

It's a simple activity that we do every day, whether we're driving to work, typing on a computer at our desk, playing video games or watching television. A sedentary activity, sitting can cause our backs to become strained leading to discomfort or pain. What you may not know is that too much sitting can also cause tightness in the hip flexors, important muscles that are responsible for easy movement.



## Get Moving

So, what can you do? One of the best ways to keep back pain at bay is by staying active. This doesn't just dramatically decrease low back pain, but best of all, physical activity is natural, drug-free and fun. Taking walk breaks throughout the day is good for your spine and your overall health.

Looking for a more rigorous exercise? Running, working out at the gym or doing yoga can also help reduce pain.



## **Boost Your Health**

Sitting doesn't just strain your back—it's also bad for your health. Sitting can contribute to a variety of chronic conditions such as high blood pressure, diabetes, heart disease and cancer. When you get moving, you're not only helping your back, but enhancing your health too.

Developing malfunctioning spinal joints from excessive sitting puts needless wear and tear on your spine. Feel better by making sure you're well adjusted.

An advertisement for Rasmussen Chiropractic. On the left, there is a logo consisting of a stylized 'R' inside a circle with red, green, and blue segments. Below the logo, the text 'Rasmussen' is written in a large, dark font, followed by 'Chiropractic' in a smaller font. A red horizontal line is below the text, and the phone number 'Call Today 770-461-8781' is written below that. On the right side of the advertisement, a smiling man and woman are shown from the chest up, wearing light-colored clothing. The background is a light blue gradient. The bottom of the advertisement has a solid tan-colored bar.

**Give us a call today to get started!**

