

Get your tension under control with these simple exercises.

taming your tension

Tension can cause wear and tear on your body. It strains the tendons that hold your muscles to your bones. It pulls the joints tighter together and may cause the cartilage in your joints to wear out. A tense muscle will squeeze off its own blood supply and cause nerve irritating metabolites, or toxic waste products, leaving them feeling sore and achy.

You know from experience - tension is not good.

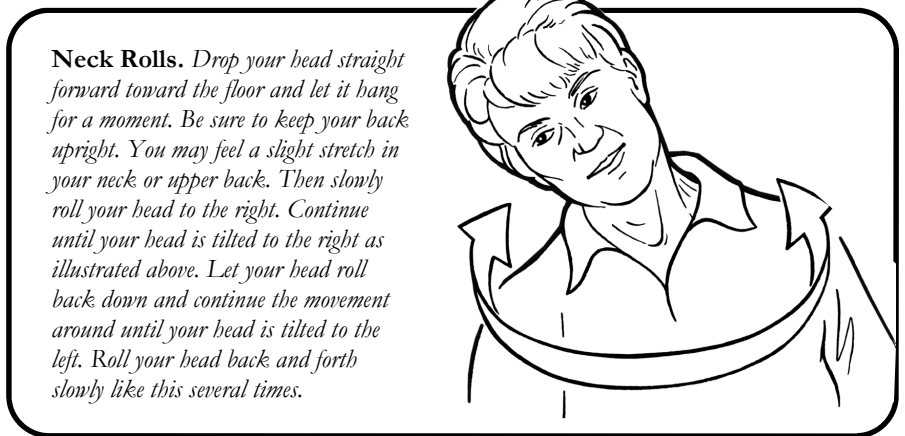
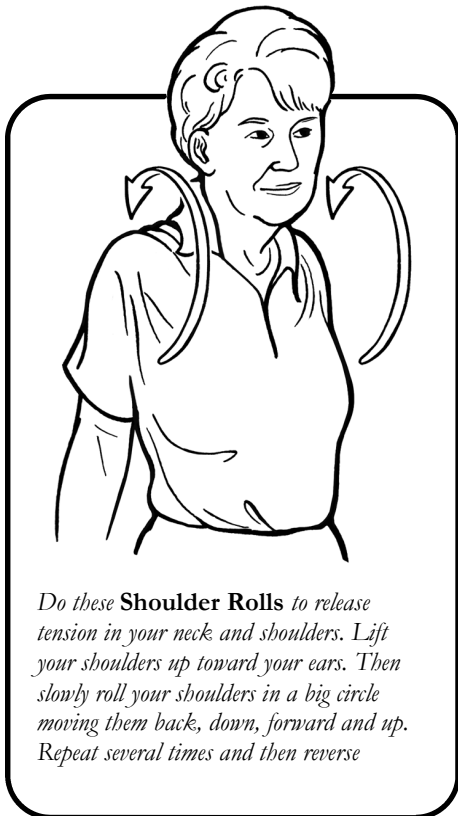
It's important that you get your tension under control. Not only will you feel more comfortable, but you'll also minimize common problems like early arthritis and kinks in your neck.

One area most likely to get tense is the shoulders. The

muscle that makes up the shoulders is called the trapezius - often referred to as the "traps". It's an easy name to remember because this is the muscle that traps your tension. You can help prevent tension from building up in this muscle.

If you are sitting or standing still for any significant period of time, be sure to move the muscle through a full range of motion once in awhile. We suggest the 20/20 Rule: For every twenty minutes that you are inactive, spend twenty seconds moving. This helps ensure that your muscles don't have the opportunity to lock into any particular position.

Use these two simple exercises to bring your traps through a full range of motion and to keep your muscles relaxed and tension-free.



If you have specific health concerns consult your medical doctor. The information in this newsletter is educational only and is not intended to replace the advice of your personal health care providers.