

We All Want To Prevent Injury, Right?

Here are a few guidelines:

1: Before exercise, perform a dynamic warm-up routine. This includes leg swings, arm circles and bodyweight squats. It can increase blood flow, flexibility, and reduce the risk of injury.

2: Proper Footwear-Invest in quality athletic shoes designed for your specific activity. Wearing proper footwear provides support & stability, reducing the likelihood of strains and sprains.

3: Strength & Flexibility-Incorporate strength training and flexibility exercises into your routine. A balanced body is less prone to injury.

How can we assist you further?

You may want to check out our modalities like Power Plate, Bemer, and LiveO2.



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