

A Secret to Improving Muscle Strength While Reducing Muscle Fatigue: Improve Your Fitness Gains with this One Thing...

Health clubs and fitness centers enjoy their busiest season at the start of each year. Resolutions begin strong for millions of people hoping to lose the weight and improve a body image that suffered during the holidays. People add weight loss activities to their schedules and look for advantageous fads and shortcuts in dieting, supplements, and workouts.

Regular Chiropractic adjustments remain a steadfast asset when all the latest crazes come to an end and the latest trends become outdated. People looking to increase muscle strength while losing excess body fat need to look no further than the scientific research that withstands the test of time. Increasing muscle strength and tone contributes to fat loss and tighter skin. Resistance training enhances workout results far more than simply walking or running. Resistance training strengthens muscles and increases body metabolism. Better metabolism ignites increased fat burning.



Chiropractic provides a key ingredient to improving the strength and energy found in muscles. Research from 2015 showed that just one Chiropractic adjustment remarkably improved muscle strength and reduced muscle fatigue. The study specifically determined that the adjustment improved the electrical activity from the brain to the muscle while reducing fatigue within that same muscle. This combination of benefits certainly benefits the performance of anyone engaged in physical activity and exercise. Every athlete relies on the strength, energy, agility, and coordination of their muscle system for performance. The central nervous system directs each of these activities. A Chiropractic adjustment provides a unique and distinct advantage to everyone determined to improve performance and reshape their body. The greatest professional and Olympic athletes in the world utilize Chiropractic care on a regular basis to improve performance, strength, and recovery. The same science awaits the average person resolving to *not only lose weight but also determining* to change their lifestyle.

Implementing Chiropractic care brings countless benefits to the entire family and provides the same advantages sought by the greatest athletes in the world. Increased muscle electricity combined with decreased muscle fatigue enhances workouts for all ages and skill levels. Trendy workouts and fad diets come and go with each new year but the proven science of Chiropractic never goes out of style.

Experimental Brain Research

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“Changes in H-Reflex and V-waves following spinal manipulation.”

I. K. Niazi, K.S. Turker, S. Flavel, M.Kingert, J. Duehr, H. Haavik