

# A Secret to Improving Muscle and Reducing Fatigue Naturally

## Maximize your fitness gains in 2022

Health clubs and fitness centers enjoy their busiest season at the start of each new year. New Year's resolutions begin strong for millions of people hoping to shed body fat and improve personal health and confidence. Shortcuts, hacks, and tricks also witness an uptick in attention from people hoping to find a magical solution to improve results.

A relatively unknown secret advantage to achieving greater gains in the gym exists within the autonomic nervous system. Better balance in the nervous system leads to improved metabolic balance within the body. Consistent chiropractic adjustments improve function in the autonomic nervous system. Science and research explain these benefits.

One of the most visible advantages to increasing fat loss and promoting tighter skin comes from a noticeable increase in muscle strength and tone. The best results in the gym do not occur by focusing only on cardiovascular workouts. Adding resistance training (exercises that require consistently contracting muscles with resistance) to any workout accomplishes better results than just walking or running. Stronger muscles trigger an increased metabolic response that burns fat at a greater rate.

One key ingredient to improving the strength and energy of a muscle comes from reducing stress in the nervous system. Chiropractic facilitates this easily accessible advantage. Research from 2015 showed that just one chiropractic adjustment remarkably improved muscle strength and reduced muscle fatigue. The study specifically proved that the adjustment improved the electrical activity from the brain to the muscle while reducing fatigue.



The benefits of a chiropractic adjustment explain why so many elite athletes and most professional sports teams have a chiropractor on their performance team. Chiropractic benefits offer proactive results that extend far beyond simply serving as a reactive response to pain. Every athlete relies on the strength, energy, agility, and coordination of their muscle system for performance. The nervous system houses the foundation for all movements and function. A chiropractic adjustment provides a unique and distinct advantage to anyone who makes activity a part of their health care routine.

Chiropractic care provides the same health and performance improvements to parents and children engaged in their own daily pursuits and challenges. Some individuals spend January fighting for a chance to play in the Super Bowl while others fight to lose weight, improve heart health, and maximize each day with family and friends. Utilizing chiropractic care increases electricity and strength in muscles and decreases muscle fatigue. Experience the benefits of optimal health by seizing the chiropractic advantage.