



**Throughout our everyday lives we come across pain that in some way is directed from our spine.□**

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Our spine is the central core of our nervous system and these nerve fibers control the movements in our body. Our muscles and bones need these nerve fibers to work properly, so that our posture, movement, strength, and balance are working properly as well. Staying active in our lives is a key importance to maintaining spine success.

When lack of activity is present your body will lose the energy needed to control the human body. Keeping active maintains and increases this ability to work properly. Not only will you become physically injured by lack of being active, but also your mental focus in life decreases. You will become unproductive and fall into a downward state of losing energy. Eventually this will cause major problems with your body and physical exhaustion occurs regularly throughout your life.