

Simple exercises for relieving headaches, tension and back pain

There are hundreds of exercises, some better than others. The key is commitment. If a person diversifies their program or changes the routine according to seasons the more likely the average person will exercise, stretch, meditate all year round. One routine is the sun salutation found on the web at www.yogasite.com/sunsalute.htm.

It is simple, does not take up hours of your day and includes breathing. Do something daily, think like a child, walk, run, skip, ride a bike, block out your demands for 10 minutes, listen, smell, day dream, relax. Take control of yourself and your headaches, back pains will lessen. Your chiropractor can modify a lifestyle for your particular needs as well as restore proper nerve flow throughout your body.