



Get Fit. **Life Tip.**

Body 101 – The Conclusion

We are at the end of the 12-part Body -101 series which went through the body's muscles from foot to head. Every muscle works in 3 planes of motion (sagittal, frontal and transverse) and 3 muscle actions (eccentric, isometric and concentric) and muscles in the body. Our bodies are a machine and each individual muscle has a specific function to optimize the overall performance. Muscles not only create movement, they generate force and stabilize the body. Since all the muscles in the body are intertwined, any weakness or dysfunction in the kinetic chain can cause pain, discomfort and cause your body to perform poorly in other movements.

When it comes to your body you know it better than anyone, so listen to it when you feel pain or discomfort and consult a professional. You only have one body so be sure to take care of it through diet and exercise.

The August Get Fit Ass Whipped schedule is posted, www.bwittegetfit.com

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

If, at any time, you decide that you no longer wish to receive Get Fit. Life Tip., please respond to this e-mail with "Unsubscribe" in the subject line.