



Bending over for long periods of time can add wear and tear to your back in surprising ways. In a position like this, the bottom of the spine is put under so much compression that it will prematurely wear down the spinal discs. Having a worn out disc is like driving your car with a flat tire. It doesn't take long to create bone spurs and arthritis when your disc goes flat.



The low back is especially prone to disc damage when you are sitting and twisted like this. Add in the constant bouncing around of the machine, and your bottom discs can wear out long before you even start thinking about retirement.



Always try to keep your back in neutral when you are sitting for long periods of time. A neutral spine acts like a shock absorber so your bottom discs don't wear out as you bounce around in the machine.



A great way to counteract the stress of running equipment is to do your stretches. There are many stretches that take only a few minutes to do and can be done here and there throughout your day and will protect you from wear and tear type arthritis.

RUNNING EQUIPMENT