

Fitness can be harmful

By JANE ARMSTRONG
Herald Special

The average person (and that includes most of us) should never do any of the following exercises:

- deep knee bends or duck walks.
- any type of toe-touching exercise, whether in a sitting or standing position, unless the back is kept flat.
- sit-ups with the knees straight and/or the feet held down.
- double-leg lifts (and lowering) when the person is lying on his back. This is probably the worst exercise in the world for weakening the spinal discs, causing muscle spasms in the back and thickening the waist-line.
- forcing the back into an arched position.
- bouncing when doing flexibility exercises.



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