

## Warmup Anyone?

To warm up anyone you might be thinking let's go out and stretch. Or you might be thinking let's take a walk. But let me tell you, it's much better to warm up before you're warm up. That is, warm up your joints.

Joints take a lot of punishment, and it takes a special exercise to make them feel good if you warm up your joints, you bring in nutrition and you bring out the waste for the joints. If you do this daily, all of your joints get used to resetting themselves with good nutrition every single day. Trust me. This is something you want to do for good health.

My martial arts teacher would not let anyone work out with him who had not warmed up their joints. So how do you warm up your joints? You have to take your weight off the joint and move it. Take it to the left side. start warming up the joints from the right side. Take it to the right side start warming the joints and the left side.

Each part of the body has special techniques to help those joints express synovial fluid. Bringing in fresh synovial fluid brings in nutrition for the joints while bringing out waste. This is one of the hallmarks of good health. My martial arts teacher said that those who exercise roughly with special forces style movements without training to soften their joints, end up arthritic by age 40 or 50. Many in martial arts give up the field by age 30 due to injuries and stiffness.

The Hsing-I Martial Arts Association are not the only ones recommending this strategy for physical exercise. Structured Yoga has a routine for warming up the joints they recommend before any physical strain or workout.

Literally it's best to find a routine and watch someone go through it. It only takes two or three minutes to warm up every joint in the body. I really recommend you follow this video. it's on my website. The link is below and you'll really thank yourself over and over for that gift.

[http://wellnesswithinclinic.com/docs/joint\\_warmup.html](http://wellnesswithinclinic.com/docs/joint_warmup.html)  
<https://www.dropbox.com/s/edi3lggyhmwm18u/Joint%20Warm%20Up.mp4?dl=0>

Warming up the joints every day especially if you are going to lift boxes or do anything heavy is essential to maintain the body. Otherwise, it will break down. Warm up your joints first. Give yourself a blessing of good health with physical joints that feel good to do work.

Some joints require even more effort like the fingers, hands, feet, and toes. I have modified the bone setting strategy from my martial art training so that anyone can follow along and help reset their hands and feet. This is a precious gift to give someone, not only yourself but others as it is often the first part of the body to break down.

Resetting the hands only takes a few minutes and the effect lasts for years. The same can be said for the feet. Check out these instructions on putting the hands and feet back into their perfect form.

<https://www.wellnesswithinclinic.com/docs/hands-feet-protocol.html>