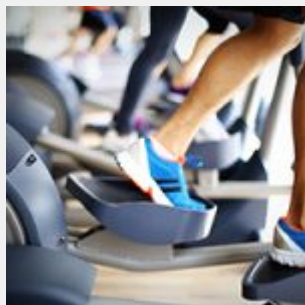


One big mistake people make on the elliptical machine



Using an elliptical machine is a great way to get your daily aerobic exercise in. It's low impact and strengthens both lower and upper extremities. But I frequently see a lot of people making this one mistake when on the machine and this can lead to some game-changing foot problems.

This video originally appeared on Dr. Perlmutter's website.