

# Get Fit - Stay Fit

## Core Strengthening



Core strength exercises strengthen your abdominal muscles, back, and all the muscles that surround your pelvis. A strong core makes it easier to perform various physical activities. Core strength exercises can be performed almost anywhere.

### Benefits of Core Strengthening

- Improve balance
- Improve body stability
- Improve posture
- Prevent back pain
- Strengthen and tone abdominal muscles
- Decrease muscle injuries

### Tips for Performing Core Strength Exercises

- Breathe freely and deeply
- Tighten abdominal muscles when making movement
- Maintain stable trunk
- Stay hydrated

### Core Exercises that Do Not Require a Gym or Special Equipment

Core exercises include any movements that engage your abdominal and back muscles at the same time. For example:

- Balance on one foot while lifting arms up and down
- Lay on the floor, bend your knees, tighten abs without tilting the hips, raise hips off the floor until even with knees and shoulders, then hold long as possible
- Do crunches
- Do sit-ups



\*Please keep safety in mind when doing these or any exercises.