



Build Core Strength

CHALLENGE

Exercise to strengthen your core

Requirements to complete this HEALTH CHALLENGE™

1. Read “Build Core Strength.”
2. Create your own plan to build core strength.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Sue Sanders woke up in the morning her back hurt. And she'd groan getting out of bed.

“I was pretty much a couch potato,” says Sue. “My back hurt all the time, and I didn't have any energy. Even little things like tying my shoes were hard.”

She chalked it up to having kids and gaining weight. But there were other lifestyle factors at play.

She spent most of the day sitting at work. She watched a lot of TV after work. Her diet included a lot of high-calorie foods and drinks. And she wasn't active.

But then something happened...

She changed her diet by eating fewer calories and healthier foods. She started drinking more water instead of soda. And she started exercising.

Core Strength Quiz

How much do you know about the benefits of core strength? Take this quiz to find out.



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1. You can strengthen your core with just 10 minutes of exercise a day.
2. When you are physically active, good core strength can help prevent injuries.
3. You don't really need core strength to do simple things like put on your shoes, turn to look right or left, bathe, or sit in a chair.
4. Studies show that improving core strength can often help reduce lower back pain.
5. You can make your balance and stability better by developing core strength.

How did you do? Your core muscles include your abs and all the other muscles that help stabilize your spine. Research shows developing core strength improves balance, mobility, and posture, and lowers your risk for injuries.¹

Answers: 1. True. 2. True. 3. False. 4. True. 5. True.

When her personal trainer said building core strength could help reduce back pain, she was determined. At first she could barely hold a plank for a few seconds.

But she kept going. Within a year, she lost about 100 pounds. And her core strength improved. Her personal best for a plank...3 minutes!

“I have so much more energy now,” says Sue. “I feel better, and I can actually get out and do stuff like hike, walk, or work in the yard.”

How to build a better core
<https://tinyurl.com/3h9asey9>

Fun fact...Strong core muscles improve balance, stability, and make everyday living easier. Ready to build a stronger core? Take the month-long challenge to Build Core Strength.