

4 Easy Ways to Build Core Strength

Wondering how to build core strength? FYI...Sit-ups aren't on the list. Here are 4 easy ways to build core strength:

1. Breathe

- Take a deep breath. Go ahead, suck it in.
- Hold your breath. Count to 10.
- Repeat.



This is a simple exercise you can perform to improve core strength anytime.

2. Replace Your Chair...

- *With a stability ball.* Use a stability ball instead of the typical office chair.
- Why? Sitting on a chair can weaken your core muscles. Using a stability ball forces your core muscles to work harder.



3. Straighten Up

- Sit up straight. Walk tall.
- When you keep your spine straight and in alignment, you're using core muscles.



4. Do Core-Strength Exercises

Developing core strength is a lot easier than you might think.

Give this core-strength workout a try (<https://tinyurl.com/y258nyzj>).

It only takes a few minutes:

- Plank
- Dead Bug
- Pointing Dog
- Back Extension
- Good Morning
- Reverse Crunch
- Superman
- Russian Twist
- Windshield Wipers



Plank



Pointing Dog



Back Extension

Build core strength anytime...Add a few core strength exercises to your gym workout. Or do them while watching TV. It won't take long for your core muscles to get stronger.

Core strength can have a big impact on your overall health and quality of life. Make the effort to strengthen your core every day.

You'll have better strength, balance, and stability. You'll lower your risk for injuries. You'll feel better too.

Core strength to reduce back pain
<https://tinyurl.com/nndh44v>

21 core strength exercises
<https://tinyurl.com/kdtzgac>

5 Surprising Reasons Core Strength Matters



Strengthen your core. You've heard the advice before from a friend, at the gym, in a magazine, or online.

But what does it really mean? Core strength is sometimes misunderstood as a code word for six-pack abs.

But it's a lot more than that. Some surprising benefits of core strength include:

1. Keep your back happy. Exercises like curl-ups, leg raises, planks, and push-ups improve core strength and help reduce neck and back pain.²

2. Protect the lines of communication. Your brain and spinal cord control the central nervous system. Strong core muscles help stabilize the spine. They also help protect the spinal cord used to help the brain and body communicate.³

3. Be steady and strong. What if you did a few simple core-strength exercises a day for 4 weeks? One recent study found that just 15 minutes a day improved strength and balance.⁴

4. Prevent injuries. "I have fallen, and I can't get up." You don't want to be that person, right? Research shows developing core strength helps prevent injuries, muscle strains and spasms.⁵ It also helps reduce hip and knee strain.

5. Improve posture. Sitting for long periods can lead to poor posture. But it doesn't have to. Just 20 minutes of core strength moves 3 times a week can help.⁶

References

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