

Health & Wellness Newsletter August 2021

Importance of Core Strength

your core

includes your abdominals,
all the muscles in your hips,
and the muscles that run up
and down your back.



The core is at the center of your body, it encompasses your abs, hips, back, and chest. Your core stabilizes your body, allowing you to move in any direction as well as having proper balance. It helps prevent falls and supports your body.

So having a strong core is beneficial to everyone because it allows your body to function properly.

Benefits of a strong core:

A strong core prevents pain and injuries

Without proper support during movement, your spine is at risk for injury -- the less stable your spine, the greater the risk for injury.

A strong core improves performance

Your core muscles allow you to bend, twist, flex, extend, step, jump, sit up and simply stand -- the stronger your core, the better you can perform all of these movements.

A strong core increases longevity

A strong core is often the difference between an elderly person who can run their own errands, put away their own groceries and play with their grandkids for hours, and an elderly person who requires help on all of those fronts.

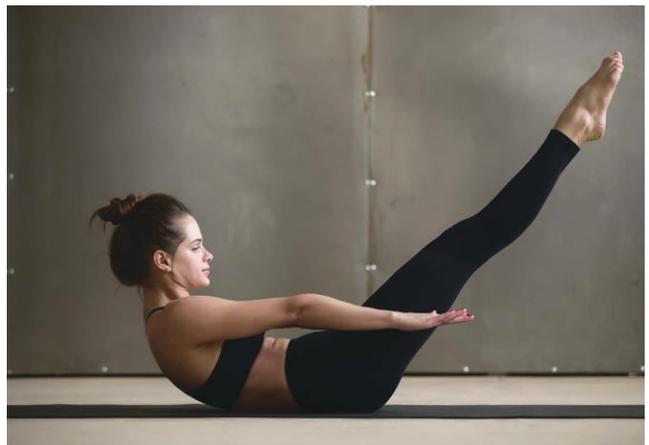
A strong core improves quality of life

As anyone might imagine, decreased pain, fewer injuries, improved performance and boosted longevity definitely come together for a healthier, happier life.

Building core strength requires variety.

Your core includes lots of muscles. Six-pack training only focuses on some of the superficial muscles, ignoring all of the deep muscle layers and other superficial muscles. A good core regimen includes a variety of exercises that target different core muscles. Good core exercises include planks, pushups, V-sits, squats, bridges, oblique twists, lunges with a twist, and supermans.

The muscles of the core are built for endurance, not for maximum strength, so it's best to increase reps as strength improves.



Sources: <https://www.cnet.com/health/fitness/why-you-really-need-a-strong-core-for-fitness-and-life/>
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