

07 Protect Your Back Month

HEALTHY TIP SHEET - JULY



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5 Benefits of Core Strength

Core strength is sometimes misunderstood as a code word for six-pack abs. But it's a lot more. Strong core muscles can help:

- 1 Prevent and treat back pain**

About 65 million people suffer from back pain, every day or from time to time. Some will need surgery to fix problems. Some might need to take medicine to manage pain. But for many others, exercises to build core strength can help.
- 2 Protect the central nervous system**

Your brain and spinal cord control your central nervous system. And it's critical to protect both. Strong core muscles help stabilize the spine, and protect the spinal cord and internal organs.
- 3 Improve balance and strength**

If you don't maintain core strength as you get older, you may notice a decrease in balance and strength. But it doesn't have to be that way. A recent study found that doing core strength exercises for just 20 minutes three days a week improved balance and strength.
- 4 Reduce the risk for injuries**

A recent study found that professional baseball pitchers with weak core strength are more likely to get injured. Athletes who do core strength exercises as part of their regular training don't get injured as often. You may not be trying to make the team, but building core strength can still reduce your risk for injury.
- 5 Improve posture**

Are you among the millions of people who spend a lot of time sitting? If core strength isn't part of your exercise plan, there's a fair chance your posture isn't perfect. Poor posture can literally become a pain in the neck and lower back. A recent study found that core strength exercises can improve your posture, and even boost your self-esteem when you sit up straight.

Source: Wellsource, Inc. *Strengthen your core*

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.

