



# Fitness Tips

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What is core strength and why is it important?

Your "core" muscles are what we call the "stabilizer muscles" and run the length of your trunk and torso. These muscles help with many things such as posture and balance. They also stabilize the spine, pelvis and shoulder girdle. Having proper core strength improves athletic performance, increases balance and stability and reduces back pain. It is important to have strong core muscles because weak core muscles result in a loss of the appropriate curvature in the lumbar spine and posture. When you have strong core muscles it helps you maintain appropriate posture and reduces strain on the spine.

How do I strengthen my core?

Sit up's are not your only option! Pilates, offered at Wilson's on Forum is one of the best ways to really focus on your core. We also have many group fitness classes on our schedules now that incorporate core strength into them. Call Jeremy or talk to a personal trainer at your favorite location about setting up a plan that's best for YOU.