



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 11/29 - Importance of a Strong Core

Last week we looked at the muscles that make up your core. This week we will focus on why having a strong core is so important.

#### **A strong core prevents pain and injuries.**

Picture your core as a sturdy, stable cylinder around your spine and vital organs. With a strong core, you'd be able to activate and engage that cylinder any time your spine and organs faced danger -- like during a heavy squat or deadlift.

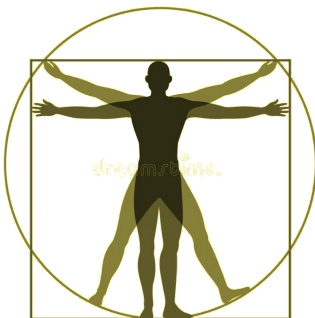
Research consistently shows that core strength training can reduce back pain. Without proper support during movement, your spine is at risk for injury. Strong core muscles allow you to keep your spine in a safe, neutral position during exercise.

#### **A strong core improves performance.**

Those looking to boost their physical performance can do so by adding core exercises into their fitness routines. Studies show a relationship between core training and improved athletic performance.

#### **However, the benefits are not limited to athletes.**

The average person can enjoy benefits from core strength, too, including new personal bests in the gym, logging more miles on the road or trails, and getting that coveted first pull-up. You may also be surprised at how well your newfound core strength transfers outside of the gym during recreational activities such as rowing, paddling and rock climbing.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

Elite Personal Training and Fitness Solutions | 215-947-2099 | 1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

# Core Strength

## A strong core increases longevity.

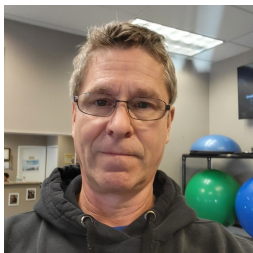
Do you want to take care of yourself when you're older? If yes, focus on building a strong core now. Even if you're in your 40s, 50s or 60s, it's not too late to add core workouts to your routine and develop core strength.

A strong core is often the difference between elderly people who can run their own errands, put away their own groceries and play with their grandkids for hours, and elderly people who need help in all these areas. A strong core is the difference between truly living, or simply surviving, old age.

Research shows that core stability training can improve balance in older adults and reduce the risk of falling. Falls are the leading cause of injury among older adults. One study found that just 20 minutes of core training three times per week can significantly increase older adults' ability to complete normal daily tasks such as household chores.

## A strong core improves quality of life.

Everything's a lot more fun when you can handle physical challenges without pain. This last benefit of strong core muscles is really a culmination of the above, but it's worth recognizing on its own. As anyone might imagine, decreased pain, fewer injuries, improved performance and boosted longevity come together for a healthier, happier life.



David Trumbore  
PT, DPT, CSCI, CWT, CPI

## Take-Home Message

Now that we have looked at the muscles that make up the core and the importance of having a strong core, next week we will look at some basic core exercises that you can do to get started.

Check out next week's tips for further discussion and specific exercises.

If you have questions about training time frames or anything else related to exercise nutrition, please reach out to us so we can partner with you and help you improve your health and wellness.

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