

One of the major reasons for lost days at work in the U.S. is back pain. Protect your back by strengthening your core muscles: abs, obliques and back. Hamstring tightness caused by prolonged sitting, among other things, can also lead to lower back pain and stiffness. A good stretching program is essential for a healthy body! If you work at a computer, or drive long distances for work, be sure to take stretch breaks every 30 - 60 minutes. And check your posture - OFTEN! Your mother was right when she nagged you to "sit up straight!!"

I have included a great exercise for strengthening the back muscles. It can be done with arms at your sides, as shown, or with arms stretched overhead (more intense!)

Have a healthy weekend! Be healthy, get fit, stay strong!!

Back Extension

Lie face down with your arms by your sides, palms facing up and legs extended and relaxed. Hold your head up slightly or rest your forehead on the floor. Relax your shoulders into the floor, but keep your abdominals tight.



Contract the gluteals and use your lower back muscles to slowly lift your shoulders and chest off the floor.



Lower and repeat.

***Margie Connolly,
Certified Personal Trainer
Wellness Coach***