

Everyday Healthy SERIES



An easy way to Develop a Stronger Core and Better Posture Jackie McLarnon

Here's a simple way to improve your core strength and your posture. Stand or sit tall, pull your navel in towards your spine. Try to hold it in for 30 seconds and keep breathing while you do this.

If you can remember to do this ten times every day (and it does not have to be all at once), you will gradually strengthen your transverse abdominus muscle. The T.A. muscle runs horizontally across the abdomen and is responsible for compressing the abdominal area. It is a very important muscle for supporting your core area including your spine.

How do you remember? Put a little sticker in places that you often glance at such as the dashboard of your car, your telephone, your computer screen or the window sill behind your kitchen sink. When you notice the sticker you will ask yourself why it is there...it's your reminder to 'suck it in'.