



The Advantage Of A Strong Core

Core exercises are an important part of a well-rounded fitness program. Aside from occasional situps and pushups, however, core exercises are often neglected. Still, it pays to get your core muscles — the muscles around your trunk and pelvis — in better shape.

5 Reasons To Strengthen Your Core:

Core exercises improve your balance and stability

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.



Core exercises don't require specialized equipment or a gym membership

Any exercise that involves the use of your abdominal and back muscles in coordinated fashion counts as a core exercise. For example, using free weights in a manner that involves maintaining a stable trunk can train and strengthen several of your muscles, including your core muscles.



Core exercises can help define your abs

Want more-defined abdominal muscles? Core exercises are important. Although it takes aerobic activity to burn abdominal fat, core exercises can strengthen and tone/define the underlying muscles.



Strong core muscles make it easier to do most physical activities

Strong core muscles make it easier to do many activities, such as swing a golf club, get a glass from the top shelf and bend down to tie your shoes. Strong core muscles are also important for athletes, such as runners, as weak core muscles can lead to more fatigue, less endurance and injuries.

Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.



Core exercises can help you reach your fitness goals

Aerobic exercise and muscular fitness are the primary elements of most fitness programs. But to have a well-rounded fitness program, consider including core exercises in the mix as well. It's also believed that having a strong activated core, will improve your lift strength by 10-15%... definitely worth it for that alone!

Disclaimer: if you experience a weak lower back, consult a gp or personal trainer before embarking on rigorous core exercises.