



# More Core For Everyone

Our core muscles do much more than you may think.

Core muscles are in your abdomen, back, and hips.

Having a strong core helps reduce back and knee strains and injuries. It's also easier to do everyday tasks, like bending, lifting, reaching for things, and so much more.

- Almost all exercises that strengthen core muscles can be modified to fit your needs, abilities, and preferences.
- Balance on one leg for up to 30 seconds.
- Do sit-to-stand exercises between work tasks.
- Practice the plank or bridge pose a few times a day.
- Do leg squats while brushing your teeth.

