



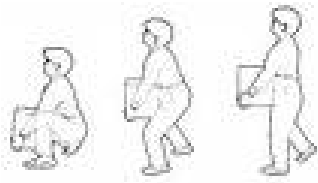
Personal Training

Tip of the Month

Experts estimate that **80%** of Americans will experience **low back pain** at some point in their lives

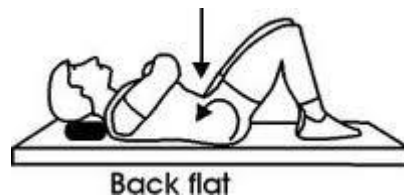
EVERYDAY PROTECTION

In everyday activities, prevent excessive strain on your back by squatting down, bending at the knees, to lift heavy objects. This will transfer most of the work to your legs; only bending at the hip to lift heavy objects overloads your back, because it is forced to do all of the work.



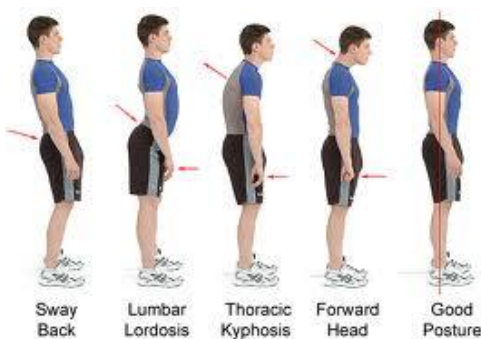
WHILE WORKING OUT

Engage (flex) your abdominals when you are using your back. This will help stabilize your spine and pelvis. When performing core exercises, pay attention to your back. Is it arching? If so, your back is at risk for injury. During floor exercises, try pressing your low back into the floor to prevent arching. While standing, tuck in your pelvis by contracting your abs.



POSTURE

Posture significantly affects which muscles in your body support your frame throughout the day. Poor posture can cause low back pain because some muscles are forced to work harder than others, causing muscle imbalances that pull on your spine, shoulders, and pelvis irregularly. A postural assessment can help find these muscle imbalances to determine which muscles are important for you to strengthen and/or stretch.



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