EXERCISE
YOUR BACK

Almost everyone at some point will experience back pain. Here are three ways to improve your back health.

#1: Get Active

> Try these back-strengthening and stretching exercises three days a week for three sets of 10 reps.

Bridges

Start by lying flat on the floor and bend knees with feet flat. Press through your heels and bring your hips up, squeezing the glutes.

Plank and Side Plank

Keep your core engaged and spine in a neutral position (hips should not drop). You can leave both knees on the floor as a modification.

Single Knee to Chest

Start by lying flat on the floor. Keeping one leg straight, bring the other leg with your knee bent up to your chest and hold for five seconds. Repeat on both sides.

Kneeling Back Extension

Begin on all fours with your shoulders positioned over your hands. Rock forward onto your arms, round your shoulders, and allow your lower back to drop toward the floor. Hold for five seconds. Extend your arms, sit back on your heels, and hold the stretch for five seconds.

Bird Dogs

Begin on all fours with your shoulders positioned over your hands and your hips directly over your knees. Engage your core and raise one arm straight out to shoulder-height. Slowly lift and extend the opposite leg straight out from your hip. Hold for ten seconds on each side. Relax and repeat on both sides.

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Images: canva.com

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HEALTHY YOU!

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#2: <u>Prevent Injuries</u>

<u>Focus on good posture</u>

Sit up straight, with your shoulders back. Try to switch between sitting and standing throughout the day.

<u>Lift correctly</u>

Lift with your LEGS, not your back. If there is any back strain or pull, stop immediately and ask for help.

#3: <u>Build Healthy Habits</u>

<u>Manage your weight</u>

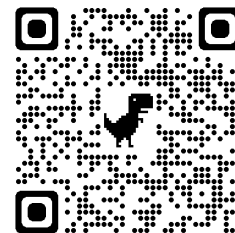Maintain a healthy body weight to help keep pressure off the spinal discs.

<u>Stay physically active</u>

Get at least 150 minutes a week of moderate-intensity aerobic activity.

Examples Include:
- Brisk walking (at least 2.5 miles per
- hour) Water aerobics
- Dancing (ballroom or social)
- Gardening
- Tennis (doubles)
- Biking slower than 10 miles per hour

Scan here to the HH! HY! Portal for more resources and start a Daily Habit for 50 Points.

Sources:
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