



Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!

They're the most neglected muscles in your body. And, if not strengthened, they can make you more prone to back injury. I'm talking about your core.

Today I'd like to share with you 3 quick exercises you can do to ensure your core stays strong, helping you prevent pain and injury.

Yours For Health,

Tonya Tittle, M.A., ACSM
Health & Fitness Expert

Strengthen Your Core in 12 Minutes a Day

If you suffer from back pain -- or want to avoid it altogether, you'll need to strengthen your core.

Strengthening your core is what allows you to do those everyday tasks (i.e. carrying the groceries, bending over to pick something you dropped, moving boxes, etc) and not get hurt doing them.

Plus, strengthening your core will give you better posture and keep you mobile well into your "Golden years."

Here are three exercises you can do everyday (best of all, you can do them in as little as 12 minutes!):

Superman - Lie on your stomach. Stretch both your arms out in front of you. Make sure both your legs are straight behind you. To do a rep, lift your head, chest, arms and legs off the ground. You'll feel your lower back tighten. When doing it correctly, you'll look like Superman flying through the air. Hold this position for 3 - 5 seconds. Now go back to the starting position. Repeat 10 times.

Plank -- Lie face down. Now get into a pushup position. Lower your forearms so that they are touching the floor. Keep your legs straight behind you. Only your forearms and toes should be touching the ground at this point. Now tense your abs and keep your back straight. Hold this position for 10 - 20 seconds. Repeat 5 - 10 times.

Side Plank- To do these, lie down on your right side. Now bend your right elbow, palm facing down. Put your left leg on top of your right and make sure they're stretched out. Now lift your body (like you did in the plank) except this time, all that should be touching the floor is your right forearm and right toes.

Stretch your left hand out towards the ceiling. Hold for 10 - 20 seconds. Repeat 5 times and then do the same on the left side.

Don't worry if you can't do all three exercises as outlined here at first. If all you can do is one rep, that's fine. Gradually build up. But most importantly, make sure you do these exercises every day to build a strong core that'll help you relieve back pain, prevent future injuries and keep you walking taller.

Strengthening your core is just one of many things you should be doing to keep yourself fit and healthy.

Quote Corner

"Those who do not find time for exercise will have to find time for illness." - Earl of Derby

Eat Yourself Thin

Simple Summer Smoothie

(Serves Four)

1 banana

1 cup frozen strawberries

1 cup frozen blueberries

1 cup frozen cherries

4 ice cubes

1/2 cup orange juice

3/4 cup vanilla yogurt

1/2 teaspoon honey (optional)

1. Place the banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour orange juice, vanilla yogurt, and honey. Puree until smooth.

Prep: 10 mins

Ready: 10 mins

Amount Per Serving - Calories:140 / Total Fat: 1.3g / Cholesterol: 2mg / Sodium: 33mg / Total Carbs:

31.3g / Dietary Fiber: 3.6g / Protein 3.5g

Recipe from AllRecipes.com..