



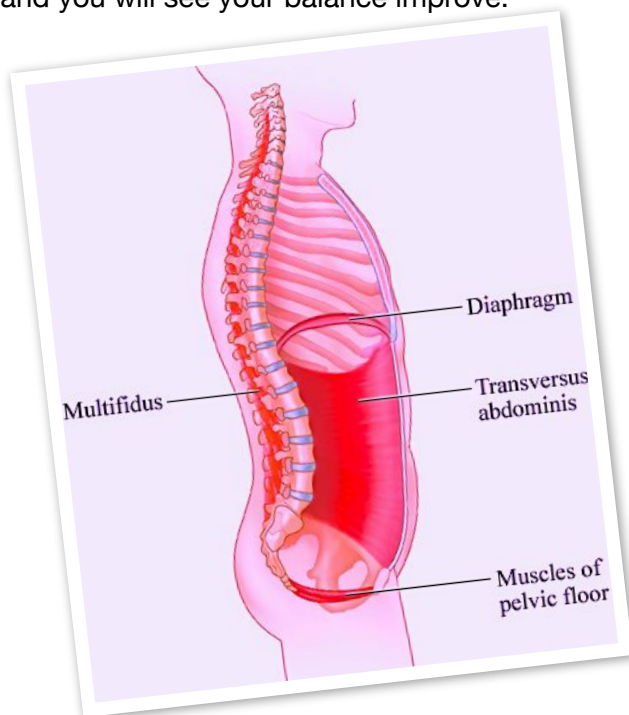
Tip of the Week

Balance exercises to improve core strength

Week 6 of 52 – Balance

Top Tip Number 6

One jobs of the 'core' muscles are to protect you when you are moving into an off-balance position. Practicing 'controlled' balance exercises helps to improve the function of the core muscles so that they contract effectively and efficiently when you are playing sport or move awkwardly or simply during everyday off-balance movements. When your core muscles contract effectively, this protects you from injuries to the joints, ligaments, tendons and muscles of the body. A simple exercise to help you 'fire up' your core muscles is gently pulling in your lower abdominal muscles then standing on one leg; if you can do 30 seconds on each leg then have a go at doing one-leg standing with eyes closed. Practice regularly and you will see your balance improve.



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