

# BENEFITS OF A STRONG CORE



## BETTER BALANCE

Your core provides stability and balance to the rest of your body. The stronger your core, the more balanced you will be.

1



## IMPROVED BACK PAIN

Over 80% of the population will experience back pain at some point - but a strong core can help alleviate some of that pain.

2



## FEWER INJURIES

A strong core makes you less likely to get hurt from slips/falls, as well as reducing strain and injury to your knees, hips, and back.

3



## EASIER DAY-TO-DAY

Everyday activities like unloading groceries, lifting kids, and household chores are much easier if you have a strong core.

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