

MARK'S CORNER



The 10 Benefits of a Strong Core

When you picture a strong core, you probably imagine someone doing tons of crunches to grow their muscles. But building AB strength is about so much more than physical appearance: It can help you go about everyday tasks with more ease and improve your overall wellbeing. Core work is the center of every movement. Having a strong core is more than the ability to hold a plank for an extended period of time; it's actually a crucial part of a healthy lifestyle. And what are those benefits, you ask? Below are 10 tips about the perks of having solid core strength.



It Supports Better Posture

Your core isn't just your "six-pack" ab muscles at the front of your body; it actually wraps around your entire torso, including muscles in your sides and back. So when all of your core muscles are stronger, particularly your inner core muscles that attach to your spine, it helps you better keep yourself upright with good posture.



It Improves Balance

Total core strength and the good posture it brings also benefits your balance. That's because when you're working from a solid base, it's easier to stay upright on unsteady ground or recover from a stumble. It creates an equilibrium in your body. You stand a little bit taller and have a balance throughout your entire physical being."



It Supports Good Running Form

Another perk of better balance? An easier time recovering from missteps and staying in stride while you're on a jog. A strong core also helps you sustain solid form when you run. Core strength allows the pelvis, hips, and lower back to work together more smoothly with less rocking and less excess energy expended.



It Increases Stability

Having a sturdy torso helps you hold steady no matter what activity you're doing. A strong core helps you stand straighter and keeps your trunk stabilized during your workout or even as you go about your daily activities. If you have a weak core, you instantly heighten your risk of muscle injuries, lower back pain, and poor posture."



It Protects Your Organs

Organs are a vital part of your body's function, and a strong core can help keep some of them safe. Organs like your liver, spleen, kidneys, and more live right underneath your abdominal wall, which acts as a shield against the outside. As a result, the stronger your core, the better it protects that tissue from external force or damage.

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It Makes Everyday Life Easier

Your core is the base of all the moves you make. So the stronger your core, the easier it is to execute everyday movements like bending down to pick something off the ground, standing for long periods of time, or doing household chores.¹ This is why many core exercises fall under the umbrella of functional fitness: They can help you go about your day with more ease, literally making you more functional.



It Can Reduce or Prevent Pain

Another major perk of a strong core? It helps you feel better overall. Having a strong core simply makes your quality of life easier. It reduces any pain you may be having, supports your lower back, strengthens your spine, and makes you feel a whole lot better.



It Boosts Your Power

When it comes to exercise, a strong core is never a bad idea. Your core is the powerhouse of all of your movements, so building abdominal strength can help you perform athletic movements like swinging a tennis racket or baseball bat, throwing a punch, or weightlifting with more power than you would otherwise.



It Supports Strength Training

Strength isn't just important in your core — working the muscles throughout your body can help you function your best. And a solid core sets the stage for success with that additional strength training. A strong core means the ability to lift more weight. Strong lifts require a great deal of stability and core strength to execute with proper form."



It Helps You Age Well

Core strength is important throughout your life. It stabilizes your entire body and gives you better balance and posture, all of which can help prevent falls, decrease back pain, and keep you mobile as you get older.