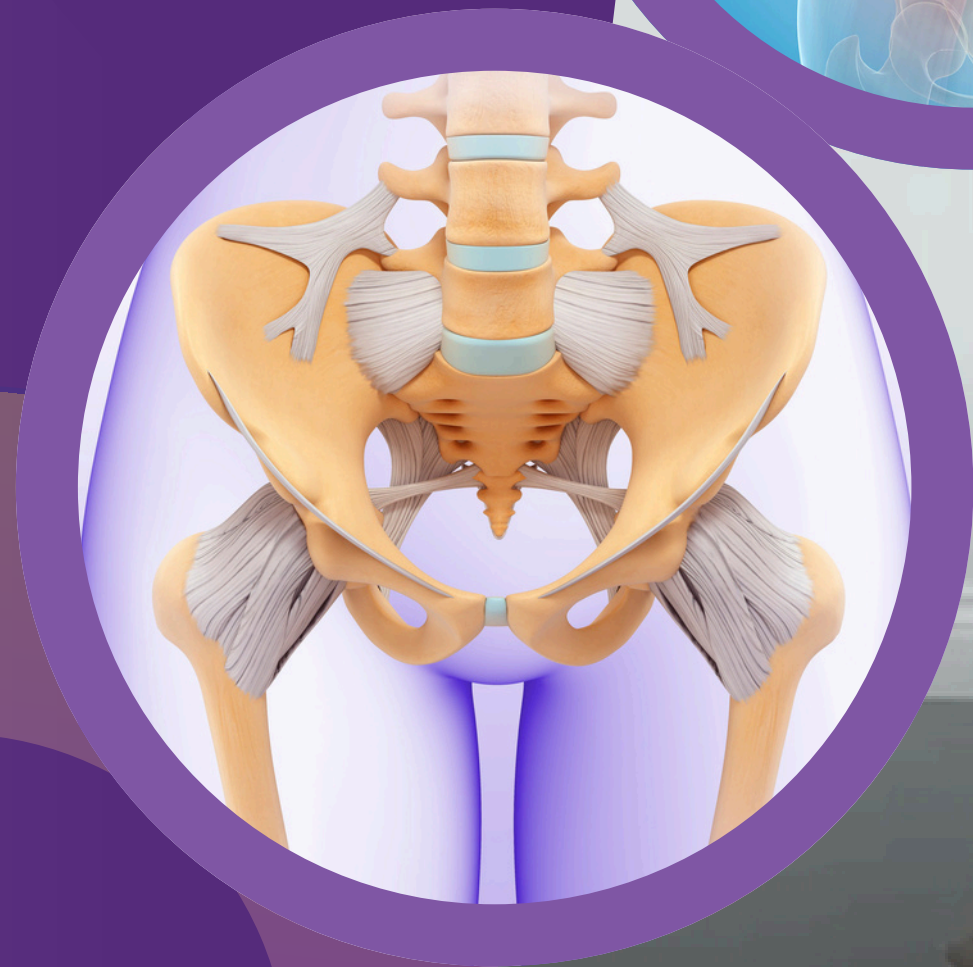


Step by Step Workshop by Andrea Meszaros

# CORE STRENGTH, POSTURE, PELVIC HEALTH



**More Information**



Our Website

[www.andreakeepfit.com](http://www.andreakeepfit.com)

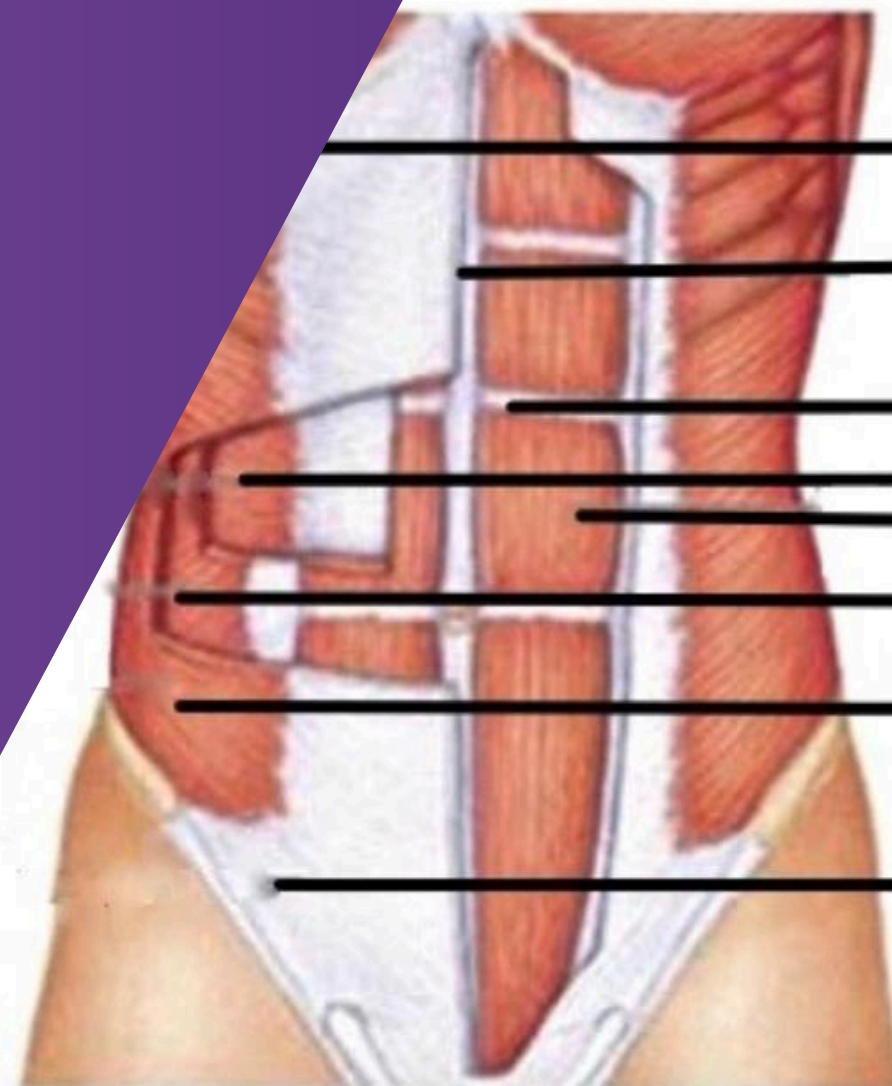
In partnership with Hailsham Active

# CORE STRENGTH

Strong core muscles make it easier to do many physical activities, supporting good posture, maintain pelvic health.

A weak core puts pressure on the rest of your system

## Muscles of the Core



Serratus anterior

Linea alba

Tendinous insertion

Transverse abdominal

Rectus abdominus

Internal oblique

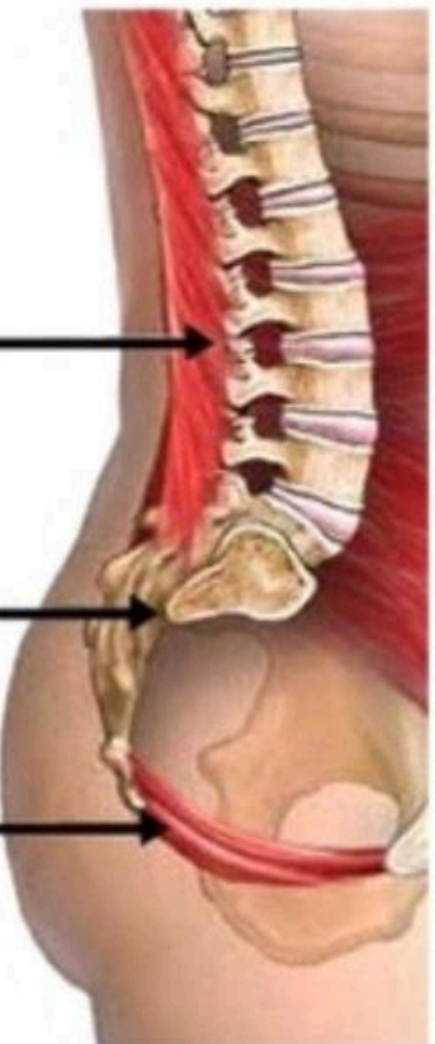
External oblique

Aponeurosis of ext. oblique

Multifidus

Sacrum

Pelvic Floor





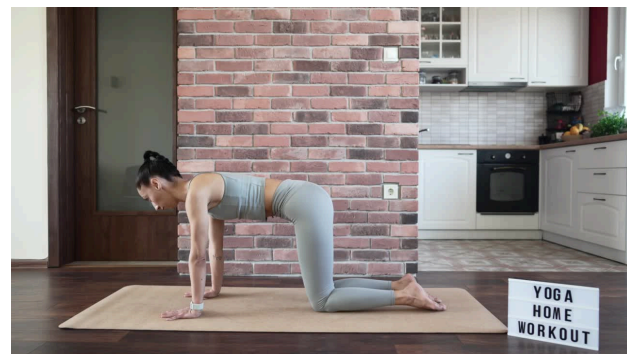
# SYMPTOMS OF WEAK CORE:

- injuries
- fatigue
- lower back pain
- poor posture
- can't walk for long
- lack of power and stability in upper body
- your stomach sticking out when bending over
- difficulty to stand up without holding on
- lack of balance and stability in lower body
- difficulty walking upright
- difficulty with everyday strength





# LET'S TRY CORE STRENGTHENING EXERCISES



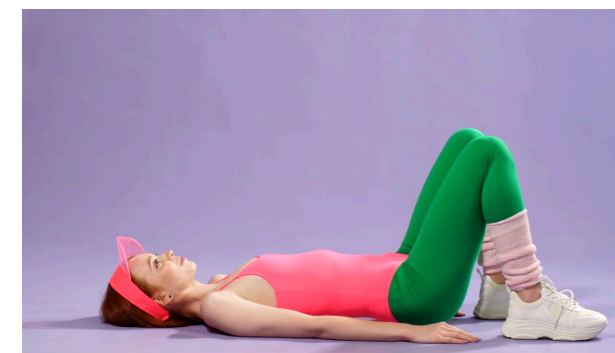
## Bird dog

A BIRD DOG IS A BODYWEIGHT EXERCISE THAT TARGETS YOUR BACK MUSCLES AND CORE MUSCLES.



## Dead bug

The dead bug exercise works every muscle in the core



## Glute bridges

The bridge exercise primarily strengthens your glutes and your hamstrings. Doing bridges increases stability in your core and back muscles

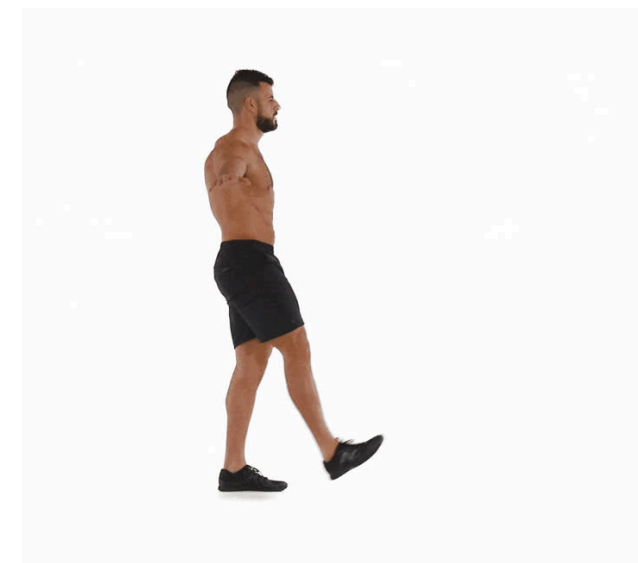


## Plank

Planks offer total-body engagement, working the legs, core, back, arms, and shoulders. The isometric exercise can build muscle strength and endurance. Planks don't require equipment.

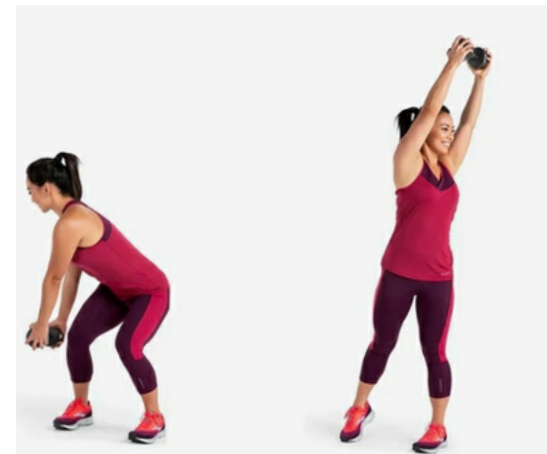


# LET'S TRY CORE STRENGTHENING EXERCISES



## Standing leg lift

*SIMILAR TO THE CROSS-BODY LEG LIFT, THIS MOVE TARGETS YOUR HIP FLEXORS, ADDUCTORS, GLUTEUS MEDIUS AND RECTUS ABDOMINIS*



## Wood chop

The core muscles, glutes, back muscles, and triceps are among the primary muscles targeted during wood chopping.



## Standing crunches

Standing core exercises work your muscles through a greater range of motion, which makes them more effective for building strength. Challenges your balance and stability.



## Toe touches

Toe touches work the core, mainly targeting the transverse abdominis, rectus abdominis, and obliques. This exercise also stretches the hamstrings.



# LET'S TRY CORE STRENGTHENING EXERCISES



## Seated side bends

HELP FORM YOUR ABDOMINAL MUSCLES AS WELL AS YOUR INTERNAL AND EXTERNAL OBLIQUES.



## Seated forward roll-up

Focusing on upper and lower abdominal muscles.



## Seated crunches

Standing core exercises work your muscles through a greater range of motion, which makes them more effective for building strength. Challenges your balance and stability.



## Seated twists

Seated twists help to increase spinal mobility and flexibility. They stretch and strengthen the muscles and connective tissues around the spine, improving the range of motion in the back. Regular practice of seated twists can reduce the risk of back pain, improve posture, and prevent injuries.



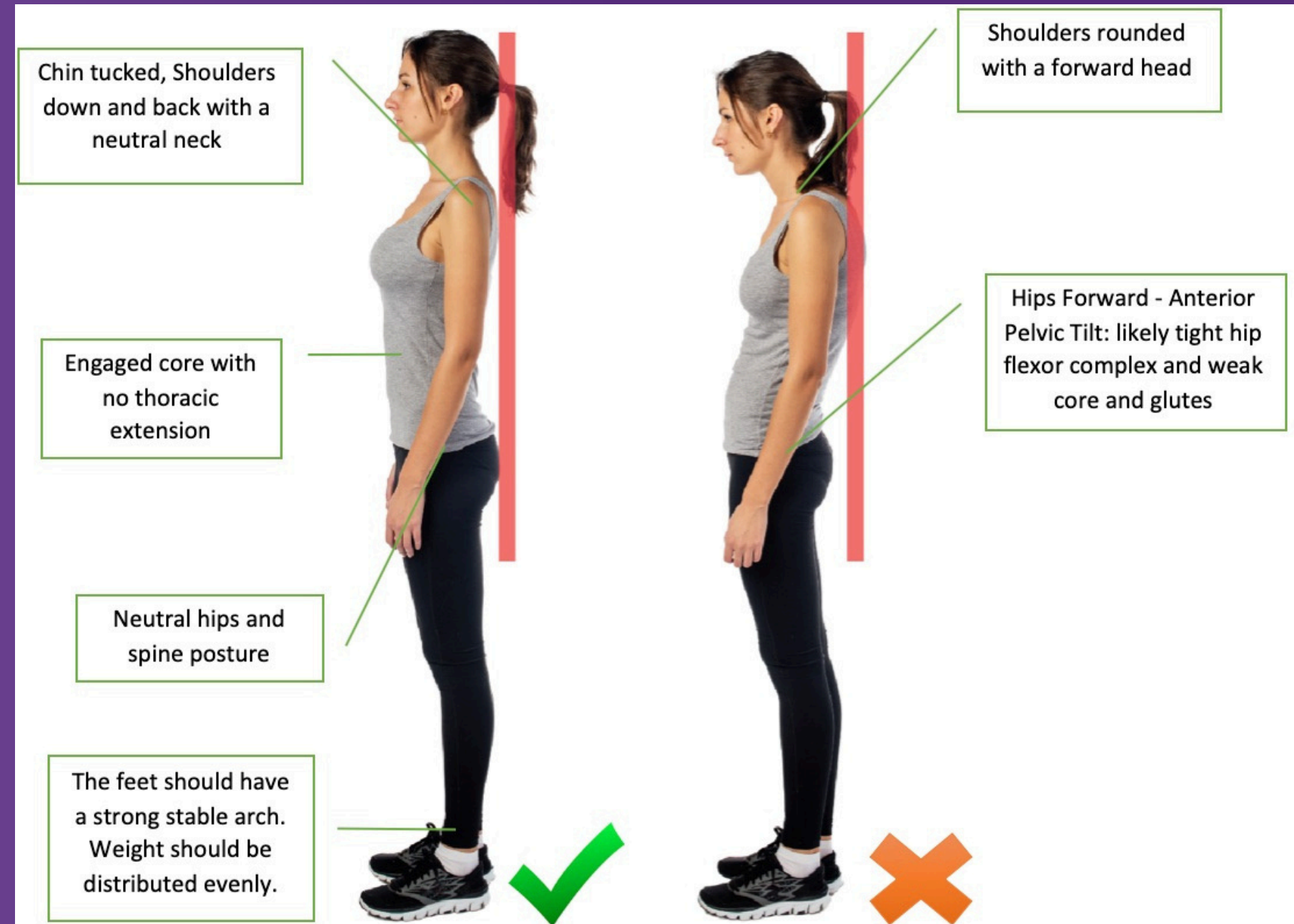
# COMMON POSTURE PROBLEMS

Forward head posture

Scoliosis

Anterior pelvic tilt

Kyphosis



Flat Back

Lordosis

Rounded Shoulders

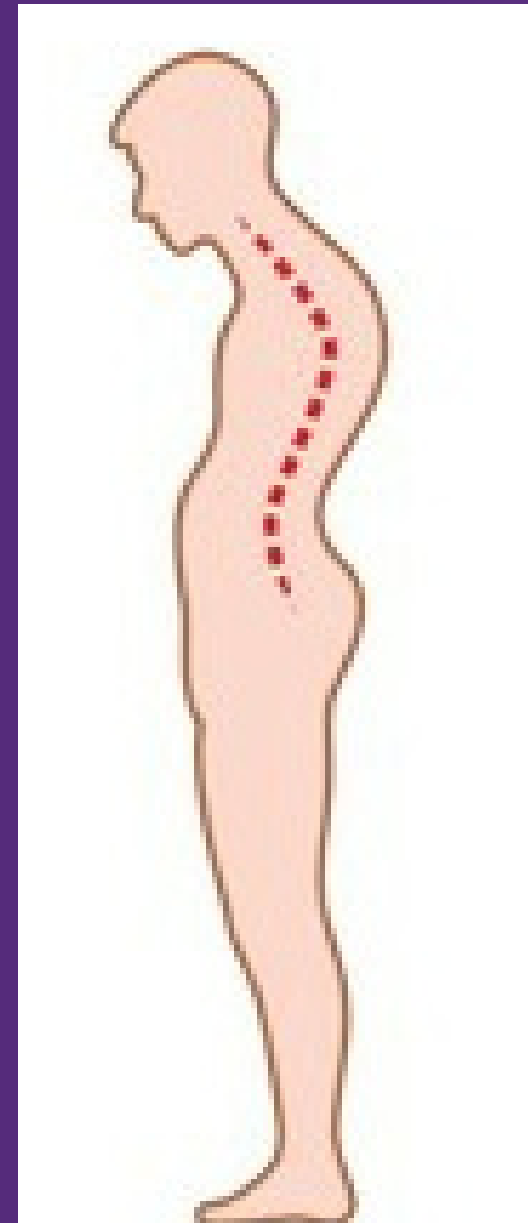
Uneven Hips



## FORWARD HEAD POSTURE

Forward head posture (FHP) occurs when a person is leaning their head forward, out of neutral alignment with their spine. When the alignment of the head is off, it can cause a variety of problems, including stiffness, strain in the neck and upper back muscles, also pain and balance issues.

## ROUNDED BACK

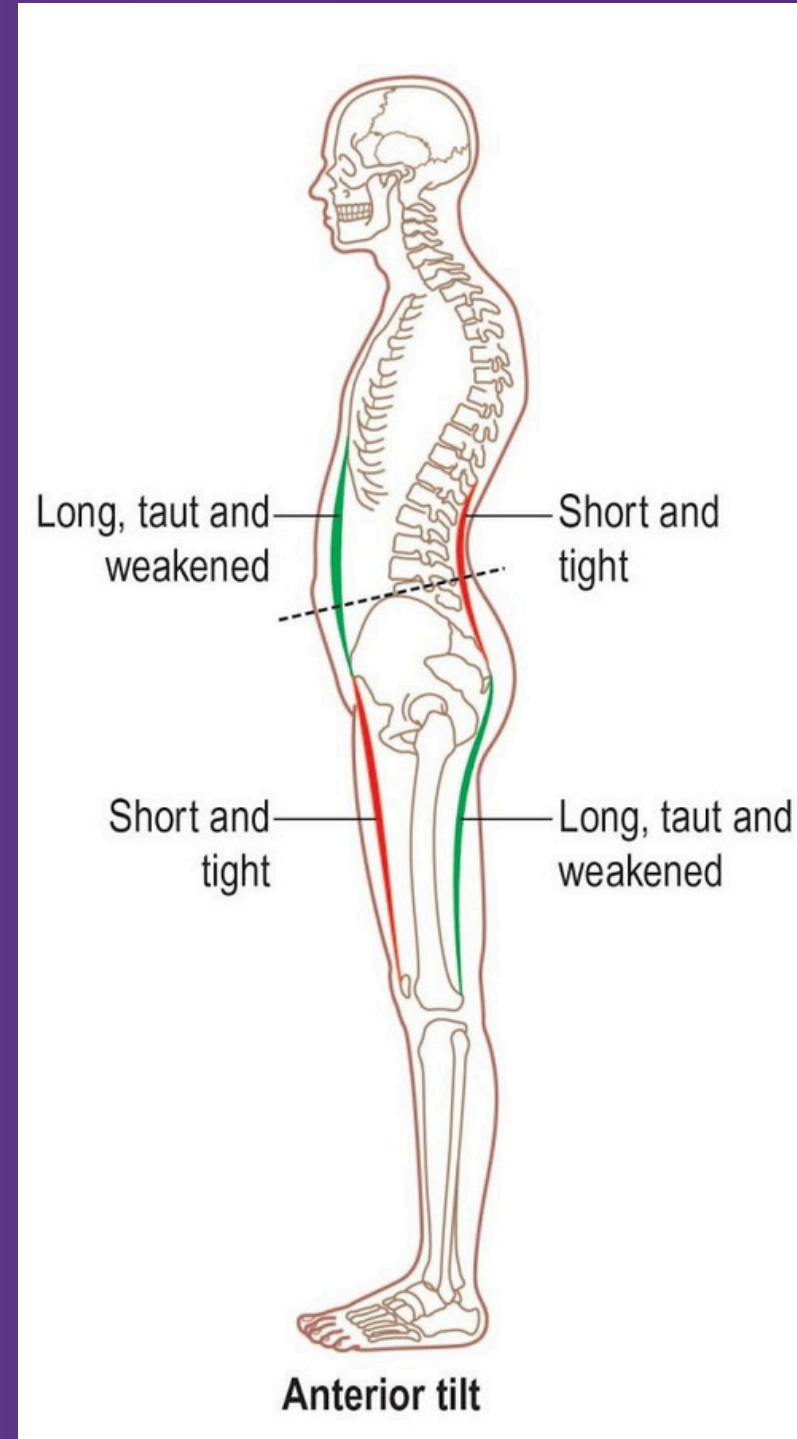


## KYPHOSYS

Kyphosis is a spinal disorder in which an excessive curve of the spine results in an abnormal rounding of the upper back.

## ANTERIOR PELVIC TILT

Anterior Pelvic Tilt (APT) is defined as a forward tilt of the pelvis, resulting in an increased lordosis of the lumbar spine and a protrusion of the abdomen. It can be caused by a variety of factors, including tight hip flexors, weak gluteal muscles, and poor postural habits.



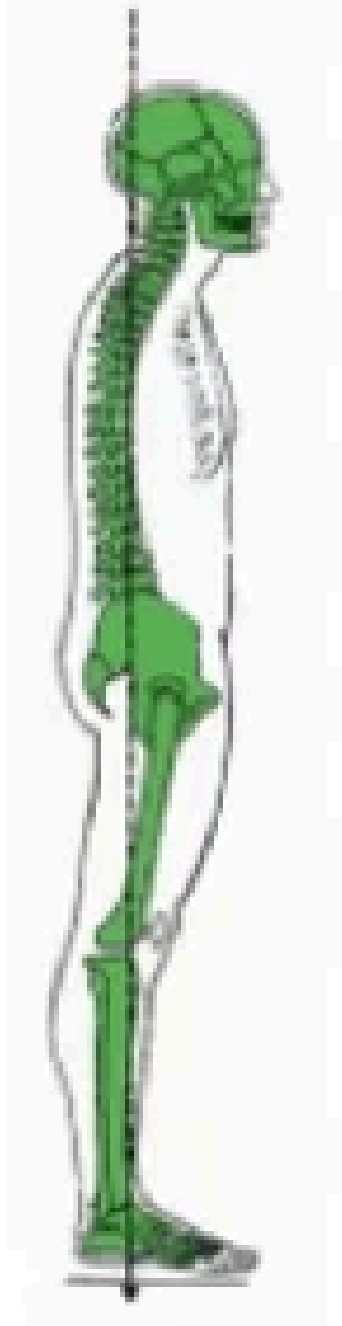
## UNEVEN HIP

This is one hip higher than the other, which can cause discomfort in the lower back and hip muscles and an uneven gait.





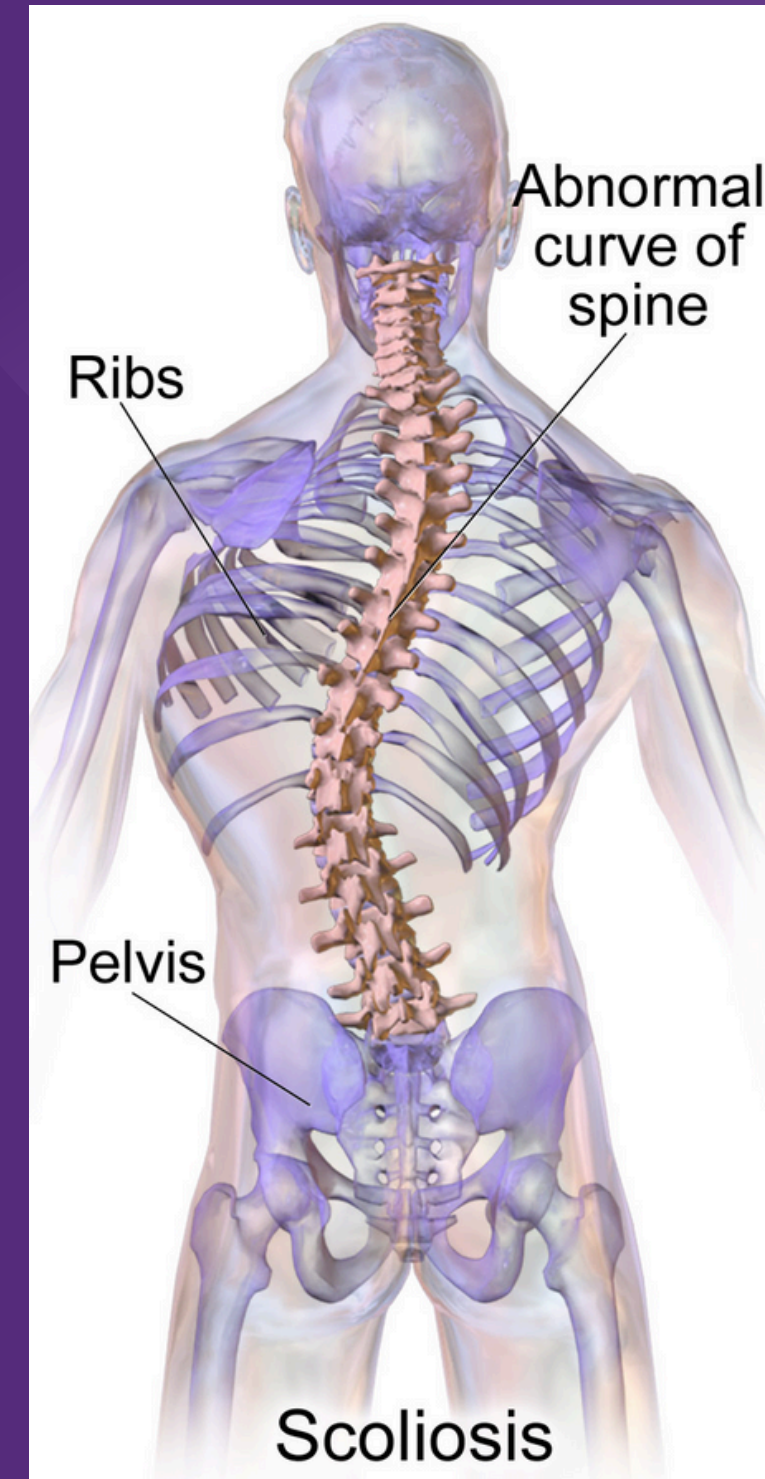
## FLAT BACK



**Flat Back**

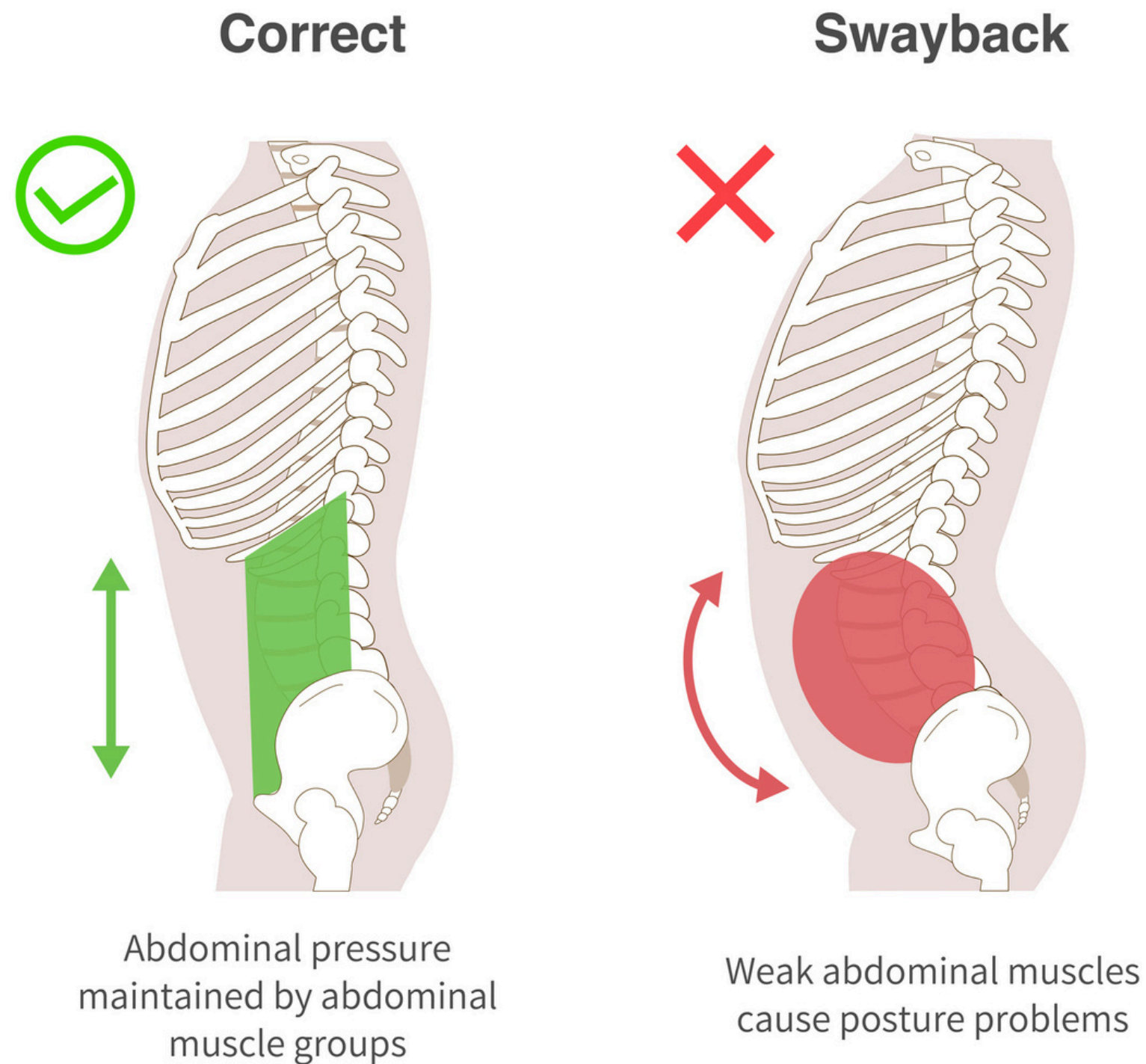
tucking the pelvis and flattening the back's curves reduces the spine's ability to manage stresses, increases risk for degenerated discs, bulging discs and lower back pain

## SCOLIOSIS



**Scoliosis**

# LORDOSIS



Lordosis is an exaggerated inward curve of the spine that typically affects the lower back, a condition called lumbar lordosis.



# THE COMPLICATIONS OF POOR POSTURE

**Stiffness**

**Joint degeneration**

**Rounded shoulder**

**Back pain**

**Spinal dysfunction**



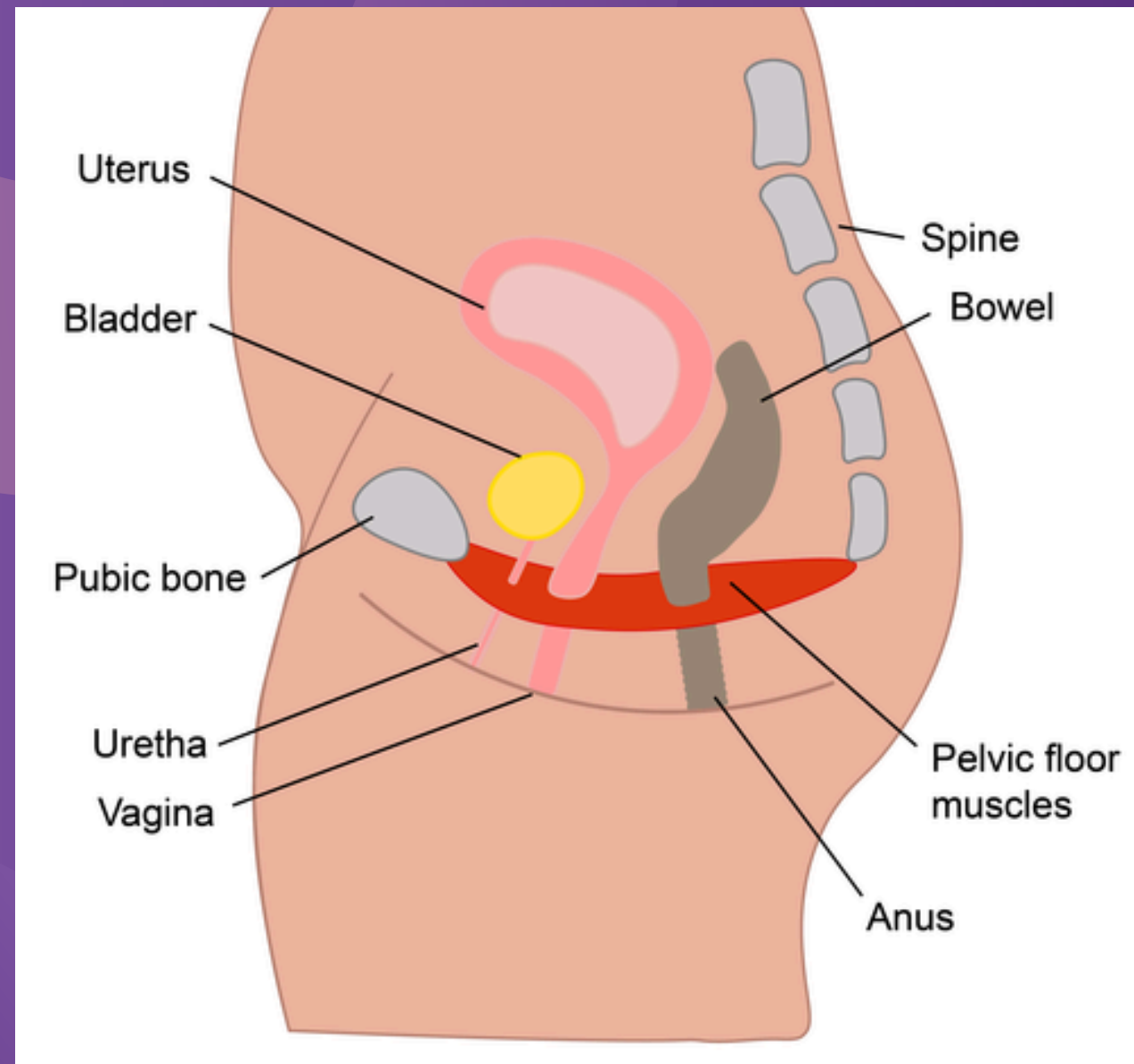
**Shoulder pain**

**Heartburn/slowed digestion, stomach acid can turn in wrong direction**

**Stress incontinence due to increased pressure on abdomen and bladder**

**Neck pain**

# PELVIC HEALTH



Pelvic Health is the best possible functioning and management of the bladder, bowel, and reproductive organs.

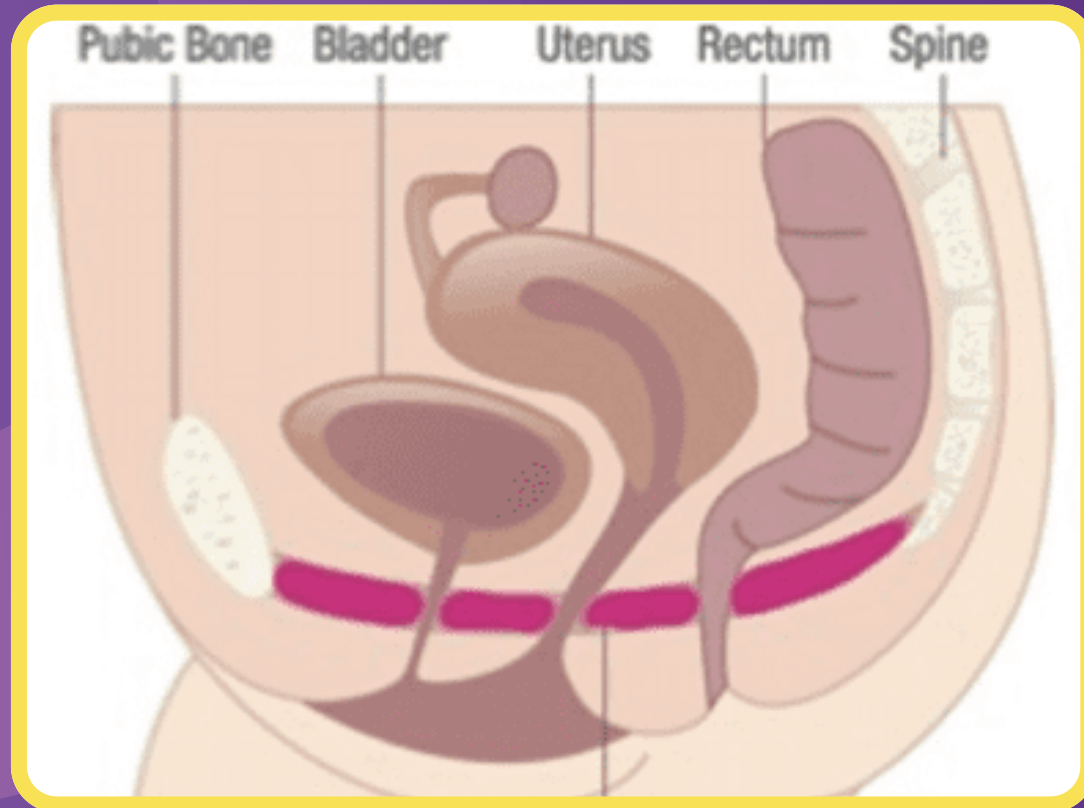


# PELVIC FLOOR DYSFUNCTION

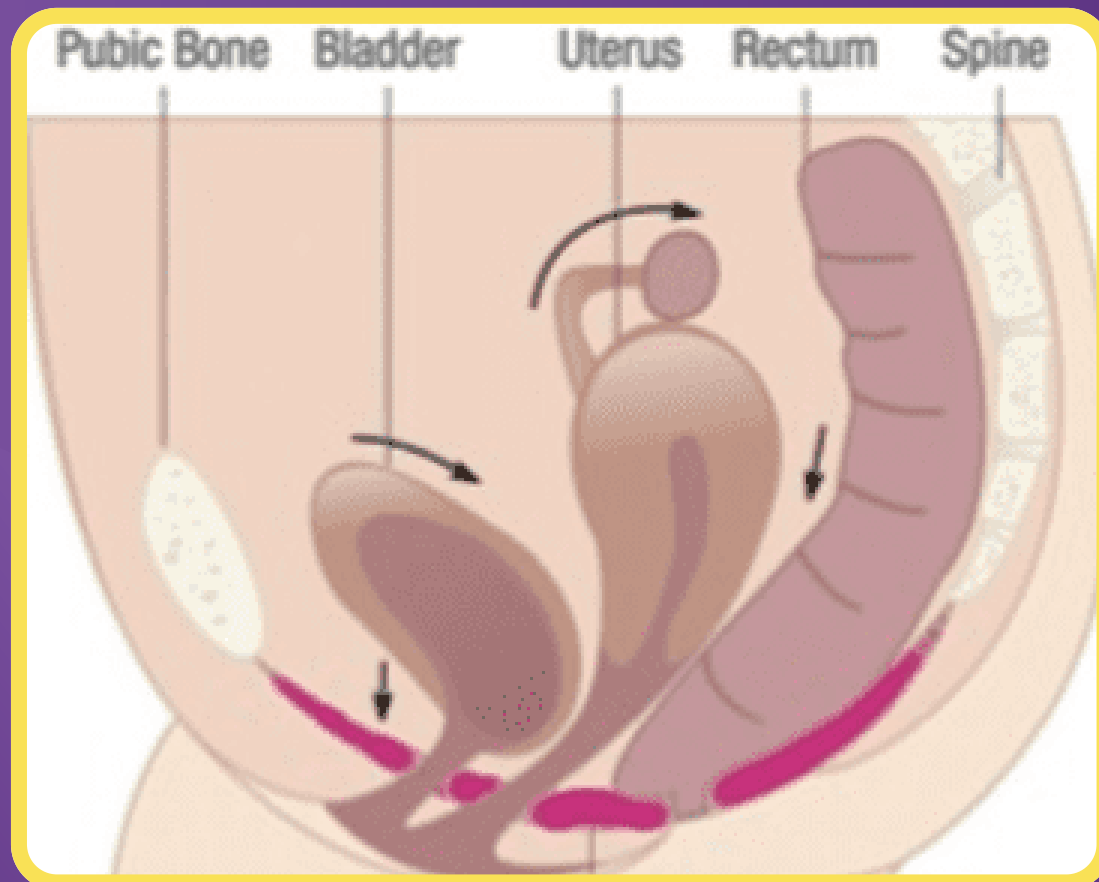
Pelvic floor dysfunction is the inability to relax and coordinate your pelvic floor muscles to pee or poop.

Symptoms of pelvic floor muscle dysfunction

- leaking urine when coughing, sneezing, laughing or running.
- failing to reach the toilet in time.
- passing wind from either the anus or vagina when bending over or lifting.
- reduced sensation in the vagina.
- tampons that dislodge or fall out.
- a distinct bulge at the vaginal opening.



normal pelvic floor



weakened pelvic floor



# EXERCISES TO STRENGTHEN PELVIC FLOOR

Kegels are one of the best ways to strengthen your pelvic floor muscles, improve bowel and bladder control, and provide support to organs in your pelvis.





# KEGEL EXERCISES

Tighten your pelvic floor muscles, hold the contraction for three seconds, and then relax for three seconds. Try it a few times in a row. When your muscles get stronger, try doing Kegel exercises while sitting, standing or walking. Maintain your focus.





# THANKS FOR YOUR ATTENTION!

Join our whatsapp group,  
where sharing slides and  
more information.

**TEXT "JOIN" TO  
07428739905**

Email:

[andreakeepfit@gmail.com](mailto:andreakeepfit@gmail.com)

