



TIP OF THE MONTH

Why Engaging Your Core Is Important

Core muscles are the muscle groups that support the abdomen and back. They work together to stabilize the spine, help maintain balance and posture, and transfer energy between the upper and lower body. By engaging your core, you create a steady, comfortable support around your midsection, giving your spine stability. It should feel like a gentle tension around your waist that adapts to what you're doing, whether it be reaching, lifting, walking, or standing.

We often hear questions about how to engage core muscles and when to use them. Here are some quick answers:

How do you engage your core muscles while sitting? Sit tall with your feet flat, stack ribs over pelvis, inhale through your nose, and exhale gently as you draw light tension around your waist. Keep breathing and avoid clenching.

How to engage your core when lifting? Before you lift, align your spine, take a small breath in, and gently brace your core. Exhale during the effort as you lift. Keep the object close to your body and avoid sudden twisting or jerking motions.

How to engage core muscles during walks? Use a steady, easy breath, keep your posture tall, and lightly "hug" your waist during hills, uneven ground, or when carrying something.

How does engaging your core improve your quality of life day to day? Effective core engagement can support better posture, reduce stress on the spine, improve movement efficiency, and make everyday activities—from getting out of a car to playing with your kids—feel more comfortable and controlled.

Common Mistakes:

Common mistakes we see include bracing so hard that you can't breathe, arching your lower back, or clenching your glutes too much.

Our team can assess how you move, show how to engage core muscles for your body type and goals, and build a plan that fits your lifestyle. With the right cues and consistency, you'll feel how engaging your core improves your quality of life, work, sports, and everyday activities.

EXERCISE OF THE MONTH

Dead Bug Exercise

Dead Bugs are a great way to engage your core while helping protect the lower back. The dead bug exercise targets 4 core muscle groups, making it a compelling alternative to sit-ups.



Featured Article: [Big Issues with the Big Toe](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"Whatever you are, be a good one."

— Abraham Lincoln

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

No-Bake Greek Yogurt Fruit Tart

Sally's Baking is the source of this amazing summer treat. Make sure to choose your favorite fresh fruits and enjoy!

**INGREDIENTS:**

- 20 pitted Medjool dates
- 3/4 cup of cashews
- 1 cup of slivered almonds
- 1 cup of Greek yogurt
- Sliced fresh fruit of choice for toppings
- Drizzle of honey

DIRECTIONS:

1. Soak your dates in warm water for 10 minutes.
2. Spray a non-stick spray onto a pie plate.
3. Line the pie plate with a circle-shaped piece of parchment paper slightly larger than the plate.
4. Drain & halve the dates, and put them in a food processor with the cashews and almonds.
5. Pulse until a sticky dough is formed. Scoop out the dough and press it evenly into the pie plate with a spatula or a spoon to create a crust.
6. Spread the Greek yogurt evenly on top of the crust.
7. Top with the fresh fruit of your choice and drizzle with a bit of honey!
8. Serve cold and enjoy!