



MHEALTHY C3: CORE CONDITIONING CARE

Strengthen and maintain a healthy core by performing MHealthy's Core Conditioning Care acronym and exercises.

PARK: Back Care for standing posture

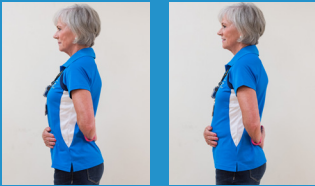
- P** = Place even weight on both feet, core engaged
- R** = Reach with elbows near your side; move close to your target
- A** = Align your ears, shoulders, hips
- K** = Keep nose and toes in same directions when turning; turn your feet to change directions

CORE CONDITIONING CARE EXERCISES

Postural Correction: Back

Stand upright with even weight on both feet and knees slightly bent. With one hand on abdomen and one hand on low back, exhale and draw in abdomen toward backbone. Inhale and release abdomen returning to starting position.

Repeat 1-3 times. Do 1-2 sessions per day.



Standing Hip Flexor Stretch

Stager your feet (right forward, left back) about 2-3 feet apart.

Point both feet forward, bend right knee and straighten left leg.

Roll pelvis forward and squeeze buttock until a stretch is felt in left hip flexors.

Hold for 10 seconds then return to starting position. Repeat the stretch on the other foot.

Repeat 1-3 times. Do 1-2 sessions per day.



Standing Arch (extension): Back

Place hands on low back for support. While keeping neck straight, exhale and arch your back.

Repeat 1-3 times.

Do 1-2 sessions per day.



Rotation: Mid and Low Back

With feet hip-width apart and even weight on both feet, extend arms out from sides. Twist torso gently to right, back to center, then to left.

Repeat 1-3 times. Do 1-2 sessions per day.



Forward Bend: Hamstrings & Low Back

With feet shoulder-width apart and knees slightly bent, lower hands toward the floor until stretch is felt in back of legs.

Hold 10 seconds then, return to starting position.

Repeat 1-3 times.

Do 1-2 sessions per day.



Cat/Cow: Back

Place hands on a stable chair or top of thighs with feet hip-width apart. Tuck chin to chest and round back towards ceiling. Release and arch back gently, looking forward.

Repeat 1-3 times. Do 1-2 sessions per day.

