



AT HOME EXERCISE GUIDE

FIND THE CORE
fitness for life



1

SINGLE LEG BALANCE

Shift your weight to one leg and slowly lift the other foot off the ground. Tighten up your core and balance for 30 seconds. Use a chair or wall for support



2

ABDOMINAL BREATHING

Take a deep breath filling up all the way to your naval. Slowly exhale by squeezing your entire abdomen like you are bracing and pulling your stomach to your spine. Hold for a beat and release.



3

SQUAT

Stand with feet at least hip width apart, turned out slightly to your comfort. With your weight slightly back in your heels, push your hips back and down like you are going to sit in a chair. Your knees will bend and your chest may lean slightly forward, but try to keep your weight back so you can still see your toes. Press through your feet and squeeze your leg muscles to stand up.



4

SQUAT WITH SUPPORT

Modification of a squat. Feet at least hip width apart, turned out slightly to your comfort. Place your exercise ball on the wall in the natural curve of your spine. With your weight slightly more in your heels, push your hips down like you are going to sit in a chair. As your knees bend they should stay over your ankles, not your toes or beyond. Press through your feet and squeeze your leg muscles to stand up.



5

TIGHT ROPE WALK

Stand with your arms stretched out to form a T shape. Place one foot in front of the other as if you were walking on a tight rope. Keep your posture even if you have to glance down at your feet. Go the length of the room, turn around and repeat. As an extra challenge, you can also go backwards!



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N Noddings



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