



Exercise with Curans: Core Strength

Jacqueline Desimone, R.Kin

Importance of Core Strength

- As we age, we experience many physical and cognitive deteriorations.
- An often overlooked area in elderly populations is their core or ‘trunk’
- By creating a strong and stable trunk, research suggests a positive influence on both your upper and lower body thus generating more efficient balance and performance of daily activities.
- Research has also shown weakness in the trunk and low muscular endurance in this area leads to low back pain.
- This highlights the importance of core strength/endurance

(Granacher et al., 2013)



Importance of Core Strength

- Since March is our 'balance and falls prevention' month, we will be completing a core focused workout.
- As mentioned before, a stronger and stable core = improved balance and functional performance



Pre-Exercise Checklist



- ☐ Feeling Well
 - ☐ Hydrated & have water available for the workout
 - ☐ Appropriate workout space & attire
 - ☐ Have the proper equipment for workout
 - ☐ Checked your blood pressure & heart rate
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Warm-Up

Warm-Up: 60s Each Exercise

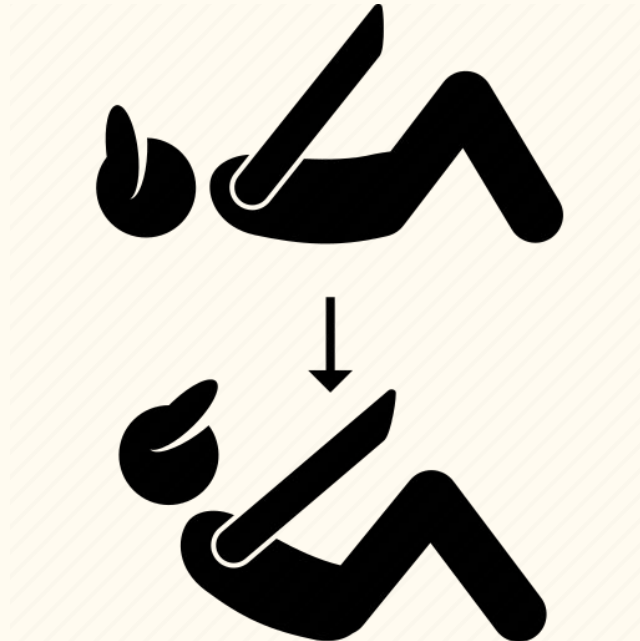
1. Side Steps
2. Toe Taps
3. Hip Circles
4. Trunk Rotations
5. Overhead Reach
6. Side Knee Lifts
7. High Knees
8. Butt Kicks
9. Arm Swings
10. Leg Swings



60

3 Sets/5 Exercises

30s break between sets, 1-2 minute break between exercises



1. Glute Bridges: 12 Reps



2. Bird-Dog: 10 reps each side (20 Total)



3. Plank: 30s Hold x3



4. Dead-Bug: 10 reps each side (20 total)



5. Leg Extension: 10 reps each side (20 total)



2 Minute Break

Repeat Exercises

1. Glute Bridges: 12 Reps



2. Bird-Dog: 10 reps each side (20 Total)



3. Plank: 30s Hold x3



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Cool-Down

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1. Reach & Fold
2. Knee Hug
3. Chest-to-Ceiling
4. Standing Calf (Wall)
5. Shoulder Stretch
6. Single-Leg Hamstring
7. Child's Pose
8. Shoulder Rolls
9. Reach Back
10. 3 Deep Breaths



60

Thank you

for joining in today!

References

Granacher, Gollhofer, A., Hortobagyi, T., Kressig, R. W., & Muehlbauer, T. (2013). The Importance of Trunk Muscle Strength for Balance, Functional Performance, and Fall Prevention in Seniors: A Systematic Review. *Sports Medicine (Auckland)*, 43(7), 627–641.
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