

Core Strength Matters

Posted in: Ergonomics Early Intervention, Posture

The Leaning Tower of Pisa is a great example of what happens when something is built on an unstable base. Slowly but surely, the structure wobbles and tilts and has problems keeping itself upright.

Is your core a firm foundation or do you find yourself tilted, twisted or shaped like a giant C by 3PM?

Our body should be strong enough to support sitting daily but if we don't use our muscles at work or home, the foundation gets weaker and weaker (and weaker and weaker)... No matter what age you are, ask yourself, if you keep on doing what you're doing, where will your body be in 5, 10 or 15 years?

A person who has health has a thousand wishes. The person who doesn't has but one. – Author unknown



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This article was
written by ErgoRisk