

WHAT IS CORE STRENGTH & WHY IS IT
IMPORTANT??

CORE STRENGTH

What muscles make up our core?

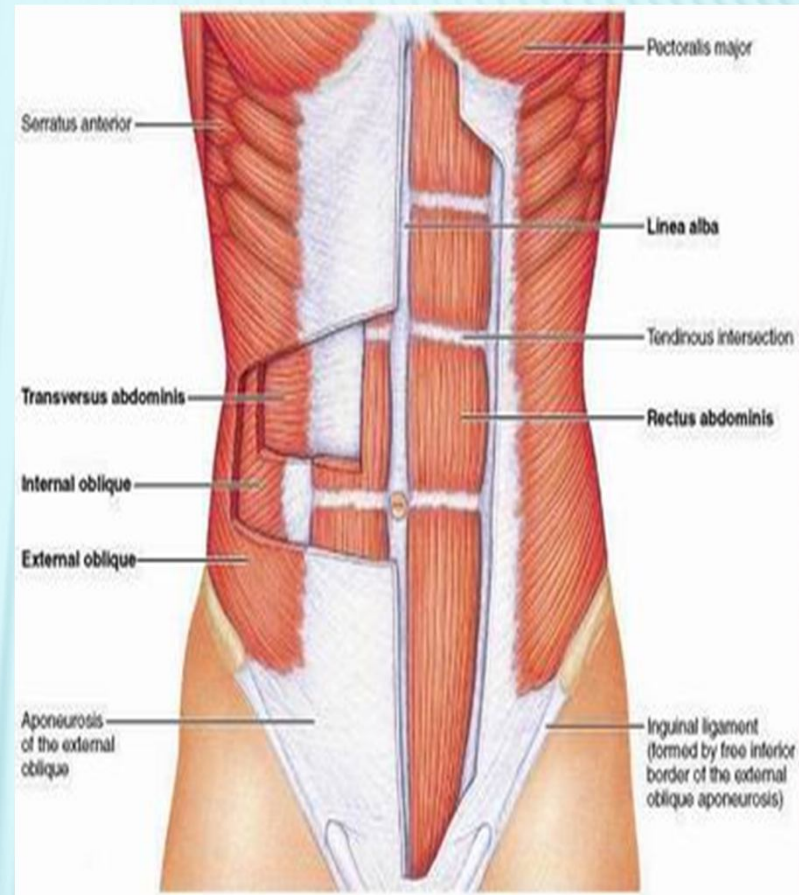
- Abdominal muscles= Rectus abdominus, Transverse abdominus, Internal & External oblique's
- Hip/Pelvic muscles= comprised of 29 muscles
- Back muscles= the primary back muscles include erector spinae, quadratus lumborum, paraspinals and the psoas major

The muscles in isolation are not enough...they must all work together for best posture, stability & performance!

What do core muscles do?

The core muscles work together to provide stability or a “platform” for the movements of your arms and legs to work off . They work together so that you can perform every day life activities.

If one area is weak, there will be an imbalance in your stability and activity.



CORE MUSCLES: ABDOMINALS, BACK MUSCLES & GIRDLE MUSCLES

WHAT DOES MY CHILD LOOK LIKE IF HE IS WEAK IN HIS CORE MUSCLES?

- Unable to sit up in their chair, always wanting to lean on someone or on their desk
- Poor handwriting & fine motor skills
- Scuff their feet when walking
- Often tripping & falling when walking
- Loud feet when walking
- Struggles with gross motor skills when playing with friends ~ can't keep up running, unable to jump with 2 feet together, unable to skip, tires easily...

WHY IS CORE STRENGTHENING IMPORTANT FOR KIDS?

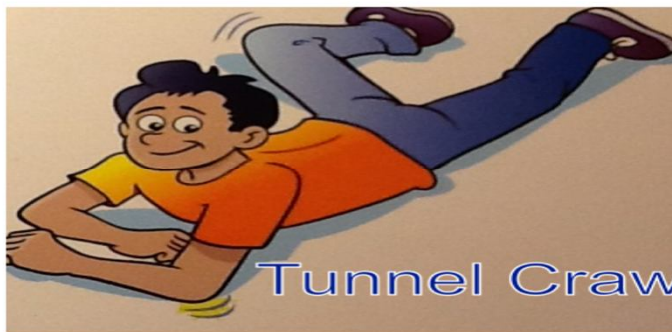
- It provides postural control so that their spine is in best alignment for good support.
- It improves their ability to sit up in their chair to work all day and therefore improves their attention to task.
- It improves their stability and control of their arm so that their fine motor skills are improved.
- It improves their stability & power for gross motor activities with their peers in P.E. & at Recess.



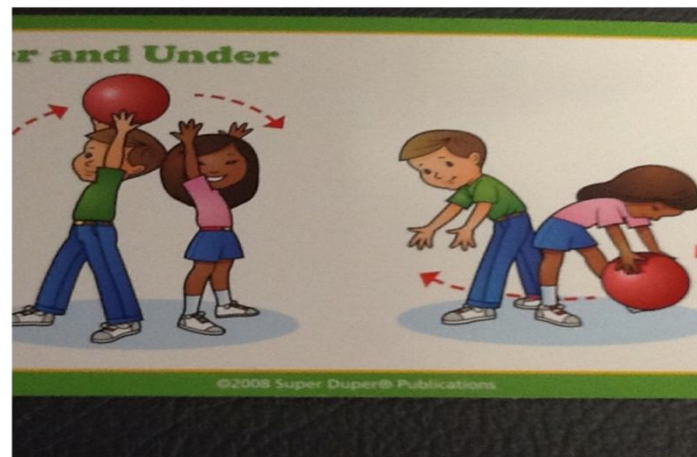
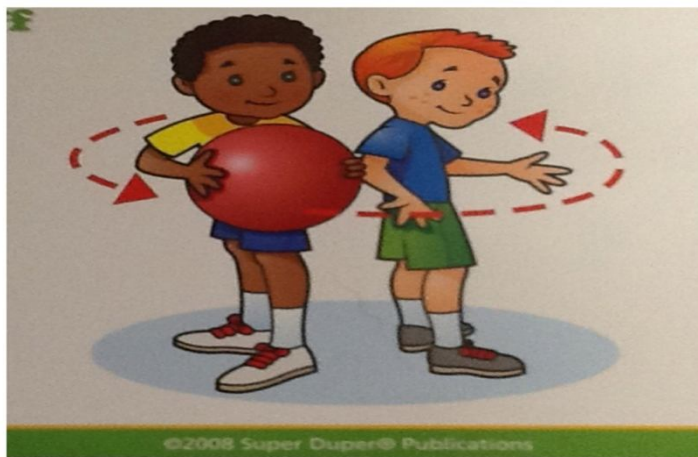
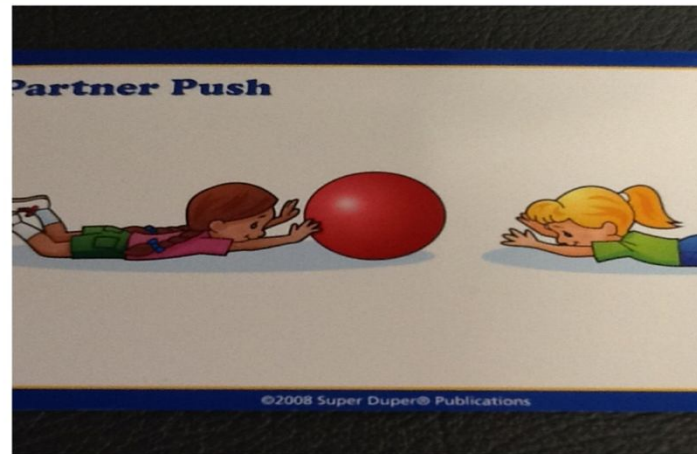
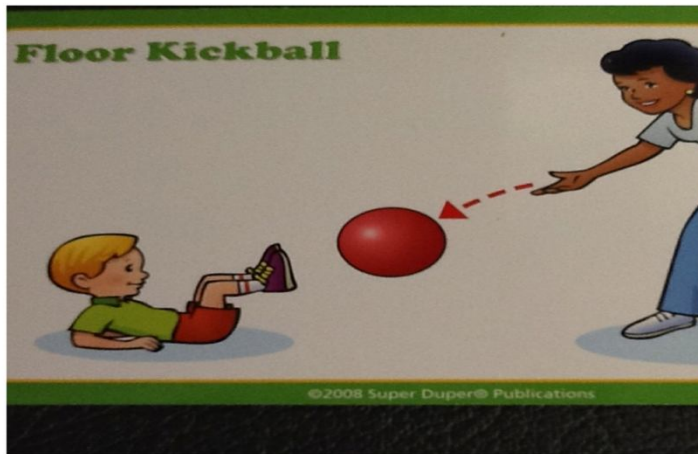
**CORE STRENGTHENING ACTIVITIES FOR PRESCHOOLERS &
SCHOOL-AGE CHILDREN**

Strengthening can be fun!!! You just need to be a little creative!

CORE STRENGTHENING ACTIVITIES FOR PRESCHOOLERS & SCHOOL-AGE CHILDREN



CORE ACTIVITIES WITH AN EXERCISE BALL FROM SUPER DUPER, INC.



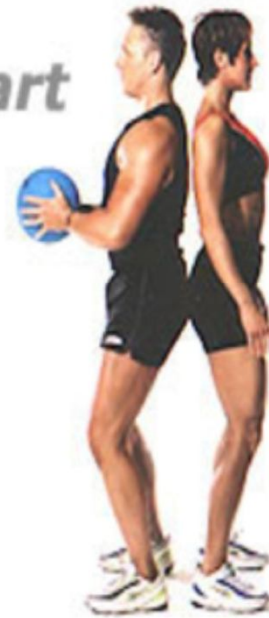


CORE STRENGTHENING ACTIVITIES FOR TEENS

Core strength is very important for teenagers so that they can support their posture for the long demands of sitting, attending, and performing all day in school.

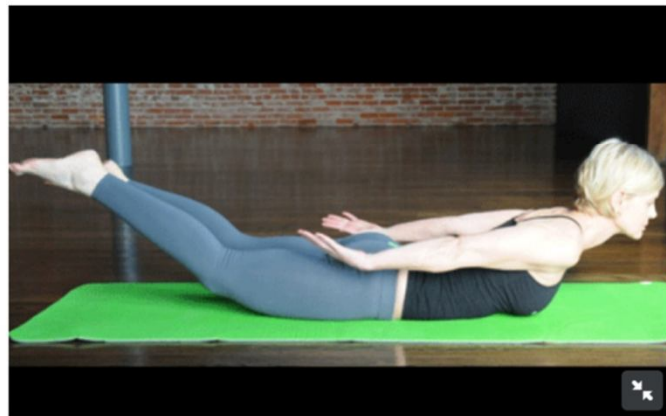


Start



Finish





RESOURCES:

- BCSC School Physical and Occupational Therapists
- www.shape/fitness/workouts/top-10-yoga-poses
- *Core Concepts in Action*, by Sheila Frick, OTR & Mary Kawar, MS,OTR
- Super Duper, Inc. Therapy Ball Activities Fun Deck
- Super Duper, Inc. Move Your Body Fun Deck
- Super Duper, Inc. Sensory Diet Fun Deck
www.superduperinc.com
- Kids' Yoga Journey Lite App
- The Adventures of Super Stretch App