

HOLIDAY HEALTH HINTS

Holiday Fitness Survival Guide: Make A Plan To Improve Your Core Body Fitness

(NAPS)—During this season of family, friends and food—lots of food—now can be a great time to consider changing up your home fitness regimen and workout plans. One consideration is to incorporate exercises and workouts that strengthen and tone your core muscles. The good news is that a strong core can offer numerous health benefits whether you lead an active or a leisurely lifestyle.

Core Issues

GOLO, the pioneering wellness solutions company and creator of the Aero-Trainer® exercise platform, cites several reasons to consider exercises that target your core muscles:

#1—It's Not Just for Professional Athletes: While professional and amateur athletes alike benefit from core muscle workouts, regular core exercise regimens can help just about anyone interested in good health and improved strength and stamina. From baby boomers concerned about flexibility to millennials and Gen-Xers who simply can't make it to the gym, exercising your core muscles can play a critical role in your overall health and fitness.

#2—Low Impact: Low-impact exercises such as planks can deliver a plethora of health benefits, including tightening and strengthening your abs, improving upper body strength, building stronger back muscles and helping your heart by boosting blood flow.

#3—Back Pain: Stretching and strengthening your back while building core strength creates balance between your lower back and abdominal muscles. Regular exercise can help prevent and lessen common back pain



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by targeting the spine and its supporting muscles.

#4—Sculpting and Toning: Regular exercise can aid in weight loss due to increased activity and it can help you achieve a more sculpted, toned physique. Exercises such as bridges, squats and kicks targeting your glutes, hamstrings, calves and inner thighs can help take your legs to the next level for an improved look and added strength.

Learn More

Visit www.AeroTrainer.com for further facts and tips.