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Core Stability Spineinfo CORE STABILITY Your 'core' is a nature corset of muscles, wrapping around the spine and abdomen. The muscles include your back, shoulder girdle and pelvic girdle. These girdles act as anchors and allow the transfer of forces from the limbs to the spine. If the appropriate muscles are relatively

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Core Exercises A healthy spine is an essential aspect of a happy, healthy, pain-free life. Spinal health is a culmination of one's core strength, stability, mobility, and alignment. Core strength has recently become a bit of a

buzz word in the fitness industry, but what exactly is the core and how can you strengthen it? [...]

### **Core Exercises - National Spine Health Foundation**

In simple terms, core stability is the process of holding the shoulder and pelvic girdles (that is, the centre part, or core of the body) stable in order to support the movement forces from the arms and legs, which in turn will also increase the ability to balance.

### **Core stability - what is it and why is it important?**

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