

Core Strength

WHAT IS IT?

Adults know it as:	Children Develop it for:
<ul style="list-style-type: none">• The six pack muscles• Waistline muscles• Prevent back pain• Base for tall posture	<ul style="list-style-type: none">• Sitting in a chair• Walking in a line• Carrying school supplies• Playing

EXERCISES FOR CHILDREN TO HELP BUILD CORE MUSCLE STRENGTH

Rolling: up and down a hill, rolling over pillows, roll to knock down milk cartons



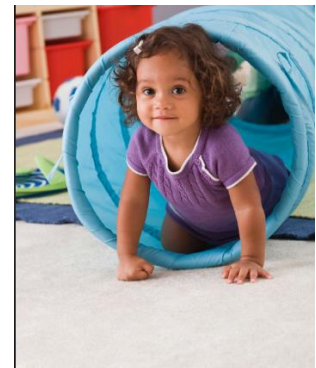
Piggyback riding: fast, slow, And Galloping



Carrying, pushing or pulling: toy box, laundry basket or broom



Crawling: through, under or over



MOVING CHILDREN ARE LEARNING CHILDREN!

Kids Moving Forward, a Monthly Gross Motor Newsletter, presented by your physical therapists