



Strong Stand

Standing with your feet hip distance apart, gently move your weight from side to side and then forward and back until you find your “centre”.

Make sure that your thighs and knees are not braced.

Tuck your “tail” under and take your shoulders down and back. Lift through your upper abdomen.

Tuck your chin in and imagine that you are being pulled upwards from the top of your head and STAND TALL for a few seconds.

Repeat at intervals throughout the day.

This exercise will help improve your core stability and postural awareness. Make sure that your abdominal and pelvic floor muscles only tighten gently.