

Natural Low Back & Pelvic Strengthening

Simple Everyday Exercises

Anywhere —Anytime

The Natural Low Back Belt *Strengthens the low back and flattens the stomach*

This exercise is derived of ancient practices of Yoga and Tai Chi for modern needs. It requires no equipment nor does it require setting aside a special time. In fact, it is so simple, it is important to create reminders to practice it frequently.

1. You can be sitting, standing or even walking when you do the exercise.
2. Suck in your abdomen as if pulling your stomach against your back bone.
3. You should be able to breath and talk at the same time, because you are tightening only the abdominal and back muscles while bringing your stomach against the spine.
4. Pretend you are on the beach and wish to flatten your stomach for appearances
5. Hold this tightness for 5 seconds, relax 3 seconds, tighten 5 seconds, relax again. Repeat this ten times. The harder you tighten the muscles the more tone will be achieved..
6. Don't be surprised that the muscles become fatigued fairly quickly at first. You will notice that not only the stomach muscles (abdominals) become sore, but you will feel it in the area above the groin and in the low back as well. Don't over do it in the beginning. With practice, the muscle tone will improve and your back will be more stable.
7. It is so easy, that it is easy also to put off till later. Do it many times during the day and assign times to be reminded. Use "Post-Its" or little notes to yourself or ask someone to remind you at various times. Once you have made it a part of your day, you're on your way to stronger back *and a flatter stomach too!*

Practice this exercise often and you will see your low back become more stable, your abdominal tone improved, as well as an improvement in intestinal health.

Throughtout the far east this exercise has helped millions of people maintain health while empowering them to help themselves. If you have questions ask Dr. Green.

This exercise provided as a courtesy of

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