

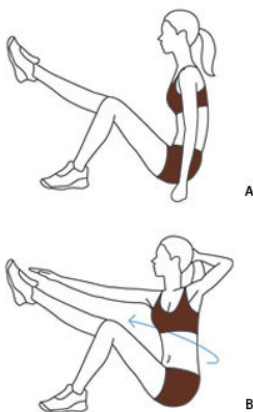
THREE THINGS YOU MIGHT NOT KNOW ABOUT YOUR CORE

Every muscle relies on your abs, hips, and lower back, a.k.a. your core. It's your base—and your center of attraction. Here are three things to keep in mind to help you sculpt and maintain a rock-solid midsection.

- 1. You can strengthen your core without moving a muscle.** Whereas most muscles propel you, your core resists movement—for instance, to protect your spine when you twist your torso. So don't be surprised by how hard it is to stay still in this core workout. You're conditioning your core to do its job more effectively.
- 2. Slouching sabotages your six-pack.** Training your core helps correct poor posture. But an hour a week of core work can't compensate for the 50 hours spent slumped over your keyboard. The fix: Stay tall through your hips and keep your head up and shoulder blades back and down all day long.
- 3. Core muscles contract first in every exercise.** All the energy you exert originates in your torso, before being transferred to your arms and legs. So a weak core reduces the amount of force you're able to apply to anything you are trying to move. When you hit a plateau in presses, squats, or any other strength move, ask yourself if you're training your core as hard as you can.

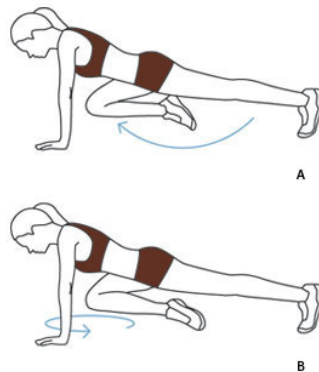
Oblique Reach

Sit with knees bent and feet on floor. (A) Straighten right leg. Roll spine into a C-curve. Place left hand behind head and extend right arm. (B) Twist body to the left, roll back a bit more (and hold for one count), then come up. Do five reps, then switch sides.



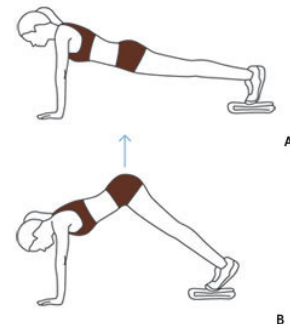
Circle Plank

Start in a plank position with abs tight. (A) Pull right knee in and circle it clockwise, then (B) counterclockwise. Keep the rest of your body stationary. Repeat five times, then switch legs



Sliding Pike

Begin in a plank on an uncarpeted floor, hands under shoulders and a towel under feet. With legs straight, raise hips and draw legs toward hands into a pike position—your feet should slide easily. Hold for one count, then return to start. Repeat 10 times



Resource: *Men's Health*

I liked this program because it offers you exercises to do on the “off” days that can help build muscle and strength, that can help improve your ability to run. If you’d rather walk, that’s fine too. Just pace yourself, give it a try, and do your best! Most important—have fun!

8 weeks to 5K

running program

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
week 1	1km walk (time yourself)	10 squats 10 calf raises	1km run (time yourself)	10 squats 10 calf raises	1km walk	10 squats 10 calf raises	rest
week 2	1km walk 10% off the original time	20 squats 20 calf raises	1km run 10% off the original time	20 squats 20 calf raises	1km walk 10% off the original time	20 squats 20 calf raises	rest
week 3	2km walk (time yourself)	30 squats 30 calf raises	2km run (time yourself)	30 squats 30 calf raises	2km walk	30 squats 30 calf raises	rest
week 4	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km run 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	rest
week 5	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	rest
week 6	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	rest
week 7	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	rest
week 8	3km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	4km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	5km run

1KM = .6213711922 Miles

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