

HEALTH

QUESTIONS? Contact Bert Etling • betling@dailytidings.com • 541-776-4465



1-800-728-3843 • SaveTheChildren.org

5 benefits

of



PLANK

exercises

The "planking" trend may be long gone, but there are plenty of reasons to keep the plank as a core part of your workout routine. Planking targets your core as well as your back, arms, neck and legs for a total-body-toning move. Aside from the obvious six-pack planking powers, there are many other reasons to add planks to all your workouts.

BALANCE AND POSTURE

The plank targets your back, chest, shoulders, abs and neck ... in other words, not only will it give you a toned stomach, but planking also strengthens everything you need for

better posture and balance. We all know just how important posture is, and we promise planking will help you to improve your balance as well by strengthening that core.

BACK AND NECK RELIEF

Your core is anatomically central. Therefore, a stronger core means your body is able to perform better on almost every level. One of the best benefits of strengthening your core is that it relieves strain on your back, reducing back pain, especially in the lower back and neck.

MOOD BOOST

Planking can build mental grit, but it also provides a serious mood boost. Plank exercises stretch the muscles along the back of your thigh (the ones that get tight after sitting at a desk all day) and muscles in your shoulder girdle that grow tense from slumping. By releasing tension in these stress storehouses, planking can reduce stress, suppress anxiety and make life seem a whole lot better.

MENTAL STRENGTH

Let's admit it, planking can be torture. It is pure mind over matter with very little movement to distract you from your burning muscles. But when we push ourselves to our limit in one area of our lives, it can give us the ability to stay strong in others as well.

FLEXIBILITY

Planking may not be your go-to stretch, but it will stretch out neglected muscles in your shoulders, collarbone and shoulder blades. It also provides release for the arches of your feet and your toes.