

# Four Things to Know About **CORE STRENGTHENING**



Core strengthening can significantly help reduce injuries from the head to the toes.

Strong core can reduce fatigue.



A strong core improves balance and stability.



Strong core can improve performance.



The Orthopaedic Institute at St. Elizabeth: A partnership between St. Elizabeth Healthcare, St. Elizabeth Physicians and OrthoCincy Orthopaedics & Sports Medicine.

Infographic provided by The Orthopaedic Institute at St. Elizabeth. Source: The National Athletic Trainers' Association.