



Reclaiming Your Core Confidence

THE 8 WEEK PROGRAM DESIGNED TO INCREASE YOUR CORE STRENGTH,
IMPROVE YOUR FLEXIBILITY, AND REDUCE BACK AND HIP PAIN.

Kristy Ware - Core Rehab Specialist & Holistic Health Coach

My Story

Searing pain crippled my every step as I dragged my wheeled backpack to the train station each morning. I felt embarrassed. I felt defeated. I questioned whether the career path of health and fitness I had chosen was indeed setting me up for success or whether the universe was trying to tell me something. I was on summer break between the first and second year of my kinesiology program. I was fitter, stronger, and seemingly in the best shape of my life.

I lived for fitness and for sport. I was on the baseball field at 4 years old, played on every track and field and sports team throughout elementary and high school. I was the kid who couldn't sit still in class and longed to get outside for recess so I could run, jump and climb. I could not fathom what my life might look like without physical activity and physical exertion that took my body to extremes. It was what I knew my entire life. It was my 'go to' in times of stress, worry, excitement, joy and so on.

It wasn't until 6 months into that crazy journey of chronic pain that I finally had a diagnosis for my horrendous situation; 2 slipped discs at my L4 and L5 vertebrae that were pinching my sciatic nerve. I am not sure if having a diagnosis made my situation easier or if it just gave me a new perspective and a focus. Either way, I took this new found knowledge and began researching why this type of thing happens in the first place and how to manage the pain, naturally.

Turns out the main driver behind my injury was having a weak core, specifically the core muscles deep in my body and my low back, despite how fit and active I was. In order to regain my core confidence and my life I started some very specific stretches, yoga poses, core exercises and implemented an inversion table into my routine. I have continued to make each of these a part of my life ever since. **Inversion tables can be purchased through Amazon or a medical supply store in your area**

Crunches and sit-ups are not the best way to gain core strength. Instead, it requires giving attention to your main support system, your back, legs, hips and core. This program will walk you through 4 phases, easy to most challenging over an 8 week period. The goal is to build strength slowly and effectively.

Did you know that the #1 reason people go to their family doctor is because of back related pain?

The point of my story is that back pain is common but there are some very simple things you can do to improve your core strength, increase your mobility, and start getting back to doing the things you enjoy.

Take it from me, someone who's been there, felt it, managed it, and eventually healed it. Although my back remains a point of weakness, I now have more tools in the toolbox to navigate flare-ups, stay mobile, and speed up recovery.

I invite you to embark on a journey to improved strength and core confidence with me as your guide.

***Disclaimer: This mini self-study program DOES NOT replace the advice of your doctor or other health care practitioner. It can work as a complementary healing modality but does not replace medical advice. Always listen to your body.**

The Program

This is a self-study program with 5 exercise videos to follow. To get the most out of the program, here's the plan:

1. There are 4 core strength videos and 1 stretch video.
2. Each strength video should be repeated for a minimum of a 2 week period with an aim to do 3-4 workouts per week before progressing to the next video.
3. The stretch video can be done daily.
4. The videos get progressively more challenging from phase 1 - 4.
5. There are 6 exercises in each phase from basic to more advanced.
6. DO NOT move onto the next phase until you have mastered the current phase. If you need an extra week at any stage take the time to build your strength slowly.
7. Within 4 weeks of beginning this program you should begin to notice the changes in how you move, your core confidence level, and more ease when doing simple daily tasks.
8. Equipment that will make this more effective but are NOT necessary are: a set of loop therabands, a mat and a set of 5-10 lb dumbbells or other weighted objects. Soup cans work well too!

Given that spot training is not possible, meaning you cannot train one area without giving attention to rest, in hopes you will 'tone-up' and 'stay strong'. The muscles in the body work as a unit therefore they must all be given attention and focus. Increasing leg, hip, back and core strength will improve your posture, ability to move, lift, bend and play, all the while helping to decrease aches, pains, and overall body weakness.

Enjoy the videos, stay consistent, and the results will follow!

Yours in strength,

Kristy