

Prevent back pain

Back pain is one of the most common medical complaints in the U.S. And a lack of fitness may increase your risk.

Try these four exercises to keep your back healthy. Hold each one for several breaths and repeat 3-4 times to build strong core muscles.

- **Superman:** Lie on your belly with your arms at your sides. Firm your abdominal muscles and slowly lift your legs, arms, and chest off the floor.
- **Bird dog:** Begin on hands and knees, lift and extend one arm forward and the opposite leg behind. Firm the abdominal muscles, so your belly doesn't sag. Switch sides.
- **Bridge:** Lie on your back with your knees bent, feet flat on the floor, and arms alongside your body. Lift your hips into a bridge position.
- **Toe taps:** Lie on your back with your knees aligned over your hips and shins parallel to the floor. Alternate tapping one foot and then the other on the floor for 10-15 repetitions.

