

Pelvic Tilt: Strengthens and tones the abdominal muscles, stretches the lower back muscles, decreases lower back lordosis, and realigns posture.

Lie on your back with both knees bent, soles of feet flat on the floor and 1.8 inches apart. Breathe in through the nose, breathe out through the relaxed mouth - while breathing out, press the small of your back against the floor and tighten abdominal muscles, (notice upward tilting movement of pelvis). Hold position for a count of 4, then slowly release as you inhale.



Inhale



Exhale

To make sure you are doing this correctly, have someone place their hand under the small of your back the small of your back should mash their hand during the exercise.

Body Mechanics

Tips on how to maintain body alignment during everyday activities without undue strain or pressure.

