

# LIFTING
## DO'S AND DONT'S

## YOUR GUIDE TO... LIFTING

When lifting, most people would bend from the waist - not paying attention to their posture or core stability.

When bending from the waist, your brain does not engage your core muscles adequately. In essence, this means that if you were to bend forwards from the waist to pick up something, your Lumbar paraspinal muscles (muscles either side of your lower back) have to lift up your entire upper body weight, along with the weight of the item you are picking up.

### So what is the best way to lift?

- Contract your core - breathe in and out, slowly emptying all the air out of the belly, while pulling the belly button in towards the spine to achieve full contraction of the abdominal muscles
- Bend the knees and crouch down
- Keeping the core strong, bring the item to be lifted close to your chest/body
- Push yourself up with the leg muscles. The quadriceps (thigh muscles) are the the strongest muscle group in the body

Regardless of the size or weight of the item you want to lift, apply the principles above. Your back will thank you for it!

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Spinal Health equals body balance