



# Stand Up With Me: Core strengthening &- Injury Prevention Tips

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Get in the game & be a healthy contender, on Super Bowl Sunday!

Hey, before you take off to watch the Super Bowl!

Quick-Anatomy Review:

The human body has a total of 206 bones, of which 33 are in the spinal column.

And, depending on the muscle definition, we have `640 muscle groups, with `850 individual muscles, identified!

**IMPORTANT NOTE:**

The overall health of our body's & proper alignment of our anatomy, is primarily responsible and critical for us to continue to have the ability to "Stand Up!"



Let's be cognizant of our sitting & standing posture, on Super Bowl Sunday!

Health Benefits of Proper Standing & Sitting Posture:

- Boost circulation to the brain, heart & lungs, all organs
- Provides good circulation to legs, feet
- Improves digestion
- Promotes healthy elimination