



YOGA FOR NORMAL PEOPLE



## October News & Info



### Don't worry: we've got your back

At some point in our lives, we all have the likelihood of experiencing back pain issues.

We can be proactive however in reducing the risk and preventing further or prolonged back pain.

Your lifestyle habits play a big part. You can start now by observing these 5 habits:

- **Exercise regularly.** This improves flexibility, strengthens muscles & bones, increases cardiovascular health & releases stress. It also helps with getting a good night's sleep.
- **Eat well and maintain a healthy weight.** Did you know that excess weight tends to shift the center of gravity forward and causes back pain? Evaluate your diet and make changes to lose weight if you are overweight.

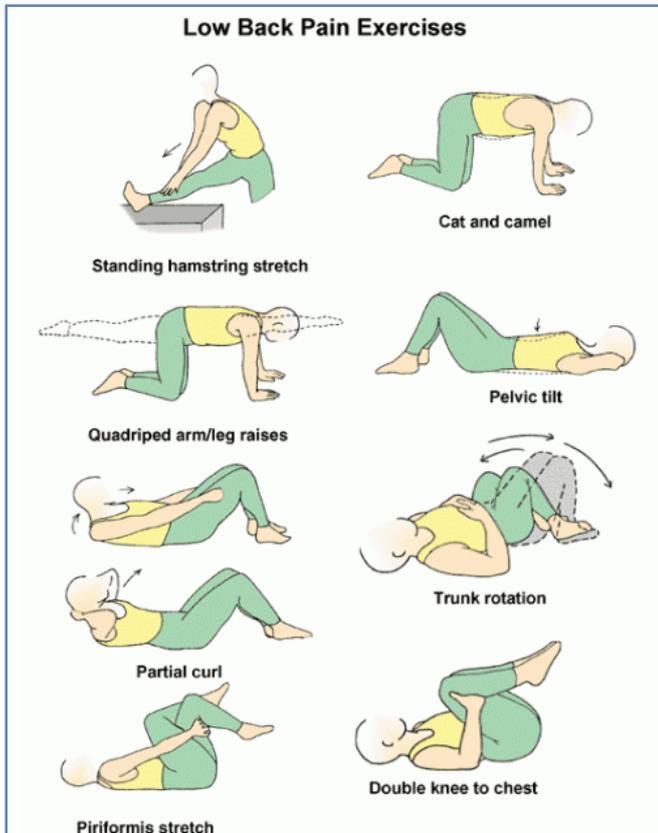
- **Check out your posture.** How we stand and sit on a regular basis, whether at work or at play, can directly influence tightness or pain in our shoulders, neck and back. Even wearing high heels or poorly fitting shoes can contribute to eventual back pain.
- **Don't smoke.** As well as potentially shortening your lifespan, research shows that smoking can damage the blood vessels in the back. Not only is smoking also bad for your bones, it inhibits the healing process, especially from surgical procedures.
- **Think before you lift anything.** Improper lifting is a leading cause of back injuries. Make sure you bend your knees, keep your head up and back straight lifting from your thighs. Avoid twisting. Be sure to ask for help if the load is too much--don't try to lift objects that are too heavy for one person.

For information about all the goings on in October, please visit our website:

[www.KatePorterYoga.com](http://www.KatePorterYoga.com)

# October Tips

Yoga is actually one of the best forms of movement that you can do to heal and prevent back pain. But you already knew that, right?



**Did you know?** When referencing the 'back' we are really referring to the spine.

The spine, composed of 33 spoon-shaped bones called vertebrae runs from the base of your skull to the pelvis. Each vertebrae is stacked on top of the other with a disc acting as a shock absorber for the body. Running through the center of the spine is the spinal cord, which is a bundle of nerves that transmit electrical signals between the brain and the rest of the body. Ligaments and muscles support the spine and provide flexibility.

The different sections of the spine include:

- **the cervical spine:** closest to the skull, these 7 vertebrae support the neck and upper spine
- **the thoracic spine:** composed of 12 vertebrae which runs between the cervical and lumbar spine
- **the lumbar spine:** these 5 vertebrae are in the lower back and support most of your body's weight
- **the sacrum:** 5 fused together vertebrae which attach to the ilium of the pelvis, forming the sacroiliac joints
- **the coccyx:** 4 fused together vertebrae below the sacrum commonly referred to as the tailbone.

Much back pain can be attributed to weak core muscles!

The #1 core strengthening exercise to help with low back pain is ...

