

# Hard Core – Tips to strengthen your abdominal and back muscles

Do you sit at a desk all day? Do you have a sore back? Do you play hockey or golf? Come out and learn how strengthening your core area muscles can help to improve your posture and your game.

Join personal trainer, Kristen Braid of the Wellness Institute as she demonstrates a series of simple strengthening activities that you can do at home or at the gym. Wear comfortable clothing and footwear to join in the exercises, or just come out to watch.

The session will be held on Thursday, November 20, 2008 from 7:00 – 8:00 p.m. at the Sir William Stephenson Library (765 Keewatin). Admission is FREE and registration is NOT required.

For more information, contact Winnipeg *in motion* at 940-3648 or visit [winnipeginmotion.ca](http://winnipeginmotion.ca).



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7:00 pm to 8:00 pm

Where: Sir William Stephenson  
Library (765 Keewatin)

