

Getting to the core

If you have been in nursing for 10 years or more, you may already be feeling the effects. Nursing is taxing both mentally and physically. Without realizing it, a good portion of your day is spent lifting, pushing, and bending. This means that you must really take care of yourself and keep “core” strength to prevent injuries and or cope with existing aches and pains. Many nurses walk around with either lower back pain or chronic feet pain.

Now that we are about to embark on a new year, I would like to encourage all nurses out there to start core program alone or in addition to their workout routine. It really makes sense.

Recently, I went to a massage therapist that has been successful in treating people for over 20 years. She recommended this book called, *The Core Program* by Peggy Brill. Peggy claims her program can help you rid you of your pains once and for all. You will have energy, sleep better, improve posture, and may even rid yourself of occasional headaches and nausea from an unknown cause.

Peggy is a physical therapist with many years of proven success. What I really like about the program is that it has been designed specifically for women. She has narrowed down the program to a few exercises you do daily for only 15 minutes. These are the type of exercises you can do anywhere. You can take them with you on the road. She works you up from beginning exercises to more advanced moves. If you come home tired, you can at least do 15 minutes of exercise. You will feel so much better. This is prevention and relief at the same time. It's your own physical therapist at home or on the road in just 15 minutes. Regardless, what you do. I hope this next year brings greatness to you.