

# MICHELLE CEDERBERG

MKIN, BA PSYC

*Live Out Loud*



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

## Take it to the CORE *Simple Tips for Daily Back and Core Care*

How do I minimize daily back pain? I like to walk but my low back often gets sore. What can I do to improve my posture? When I sit for long periods my low back aches. How can I improve my balance? **What can I do?**

We typically respond to these questions by developing a very important **but often neglected** part of the body: the abdominals and low back. More than 80% of the population will experience back pain at some point in their lives, but with simple body awareness and minor postural considerations you could be on your way to stronger abs and back in no time at all.

In this session Michelle provides a basic anatomy lesson that will help you understand how easy back care can be. You'll learn how to maximize core stability and postural control in all aspects of your workouts and daily activities, and go away with tips that will help keep your back healthy and your abs strong.

### Book MICHELLE CEDERBERG...

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



## Balance for REAL People

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

