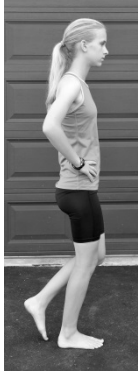


## Key Exercises for Healthy Runners

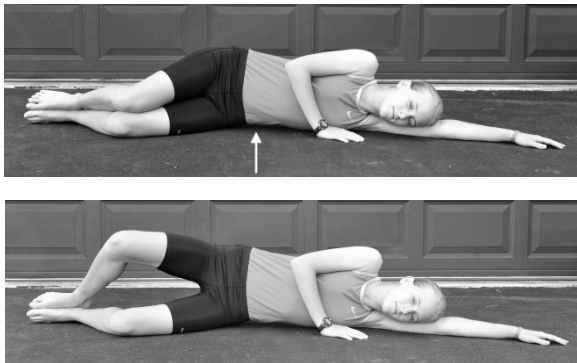
### Single Leg Balance



- (1) Stand tall using good posture.
- (2) Shift weight to single leg stance.
- (3) Bend standing knee slightly, like you just landed on it running.
- (4) Hold this position for up to 1 minute.

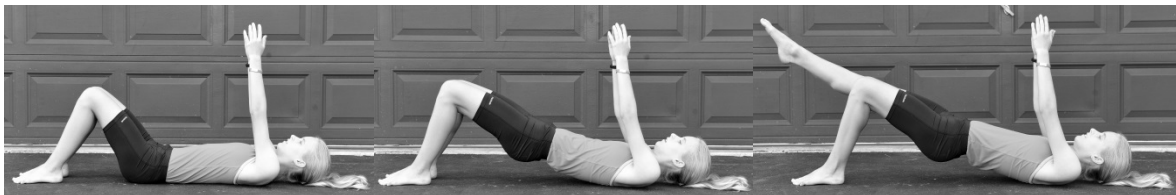
When this becomes easy, increase the level of difficulty – close your eyes, toss a ball against a wall, rotate your shoulders from side to side. Balance is best worked on in small increments of time multiple times throughout the day. Find ways to work it into your day. Stand on one leg while waiting in line, brushing your teeth, or talking on the phone, for example.

### Clamshells



- (1) Lie on your side with back straight, knees bent to 90 degrees, feet in line with body.
- (2) Tighten your transverse abdominals.
- (3) Straighten your spine by creating a little tunnel between your waist and the floor.
- (4) Tighten your glutes (buttock muscles).
- (5) Holding your glutes tight, rotate your top knee up and down.
- (6) Work up to 100 repetitions on each side.

### Bridges



- (1) Lie on your back with knees bent, feet in line with hips.
- (2) Tighten your transverse abdominals.
- (3) Tighten your glutes.
- (4) Lift your hips.
- (5) Straighten one leg, while trying to keep the hips level.
- (6) Put the leg back down.
- (7) Lower the hips while keeping the glutes tight.
- (8) Work up to 30 repetitions on each side.