

### Toe Taps (Core Strengthening)

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- Stand next to a sturdy counter or chair for balance
- Keeping your posture tall, pull your belly button toward your spine as far as you are able, holding this position for as long as it takes to complete the half circle described below
- Don't forget to breathe!! It will be tempting to allow your shoulders to slump, keep your posture tall as if someone is measuring you for height
- Balancing on one foot, tap your free foot directly in front of you, then tap a little to the side, until you have tapped a complete half circle, ending behind you. Imagine you are tapping each of the numbers on a clock
- Repeat on the other side
- For best results, repeat on each side 3-4 times. The goal is to fatigue the deep muscles in your abs; when you are too tired to maintain the position long enough to complete the half circle, you are finished with the exercise

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#### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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