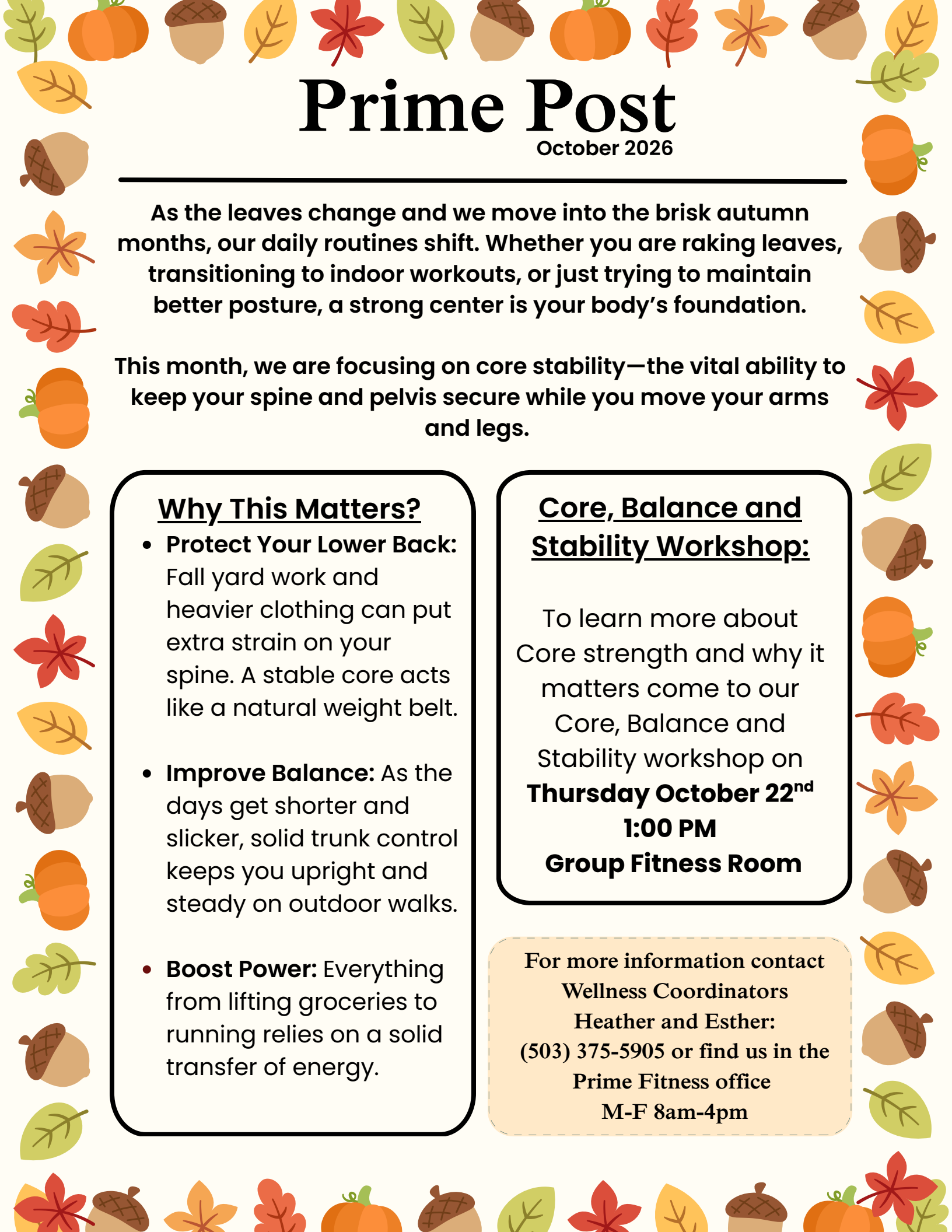




Prime Post

October 2026

As the leaves change and we move into the brisk autumn months, our daily routines shift. Whether you are raking leaves, transitioning to indoor workouts, or just trying to maintain better posture, a strong center is your body's foundation.

This month, we are focusing on core stability—the vital ability to keep your spine and pelvis secure while you move your arms and legs.

Why This Matters?

- **Protect Your Lower Back:** Fall yard work and heavier clothing can put extra strain on your spine. A stable core acts like a natural weight belt.
- **Improve Balance:** As the days get shorter and slicker, solid trunk control keeps you upright and steady on outdoor walks.
- **Boost Power:** Everything from lifting groceries to running relies on a solid transfer of energy.

Core, Balance and Stability Workshop:

To learn more about Core strength and why it matters come to our Core, Balance and Stability workshop on **Thursday October 22nd**
1:00 PM
Group Fitness Room

For more information contact
Wellness Coordinators
Heather and Esther:
(503) 375-5905 or find us in the
Prime Fitness office
M-F 8am-4pm