

OCTOBER 2026 WELLNESS NEWSLETTER

MORE CORE FOR EVERYONE

This month's theme is about strengthening our core muscles to maintain and improve our ability to do everyday tasks. This includes muscles in your stomach, lower back, hips and pelvis. There are ways for every body to build core strength. You've got this!



A strong core creates a solid foundation for all body movement, helps prevent back and knee strains and injuries, and promotes good balance.

OCTOBER FEATURED ARTICLES & EVENTS

MORE CORE EVERYONE

HEALTHY AGING WEBINAR

BUILD A STRONG CORE

WATCH YOUR BACK

MONTHLY VIDEO



OUR NEW HEALTH & WELLBEING EDUCATOR

Welcome Justina Reichelt

Hello! My role is to support you with education and personalized coaching to meet you right where you are. I believe wellbeing is a dynamic, evolving journey, and my goal is to provide you with the tools and advocacy needed to assess your rights, honor your needs, and achieve your full potential both on the job and in your everyday life. I look forward to seeing you soon at your worksite, coaching cohorts, educational events, and movement classes!

Justina's credentials include National Board-Certified Health & Wellness Coach, Physical Education Educator, ACSM Exercise Physiologist, NASM Corrective Exercise Specialist, ACE Personal Trainer, and Registered 500-hour Yoga Teacher.

Check out our [Wellness Events & Resources](#) page to see future and past events with Justina.

ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

CORE EXERCISES FOR YOU

Click on the exercises from [ACE library](#) to learn the proper form.

[PLANK](#)

[SIDE PLANK](#)

[BIRD DOG](#)

Check out our [Blue Sky VT DAYS](#) to learn more about free events for all Vermonters

More Core For Everyone

Our core muscles do much more than you may think.

Core muscles are in your abdomen, back, and hips. Having a strong core helps reduce back and knee strains and injuries. It's also easier to do everyday tasks, like bending, lifting, reaching for things, and so much more.

- Almost all exercises that strengthen core muscles can be modified to fit your needs, abilities, and preferences.
- Balance on one leg for up to 30 seconds.
- Do sit-to-stand exercises between work tasks.
- Practice the plank or bridge pose a few times a day.
- Do leg squats while brushing your teeth.



Healthy Aging

Thriving at any age

What do you want your life to look like and feel like when you are older? What does it take to thrive at any age?

At each age, stage and life transition, staying healthy and feeling your best will help you live your life in ways that matter most to you. Young adults, middle-aged and older—there is something for everyone in this interactive and inter-generational presentation:

- How we view aging and change
- Supporting healthy aging:
 - Sense of purpose
 - Staying connected
 - Mental health and stress
 - Brain health
 - Sleep, and more!
- Cultivating positive emotions

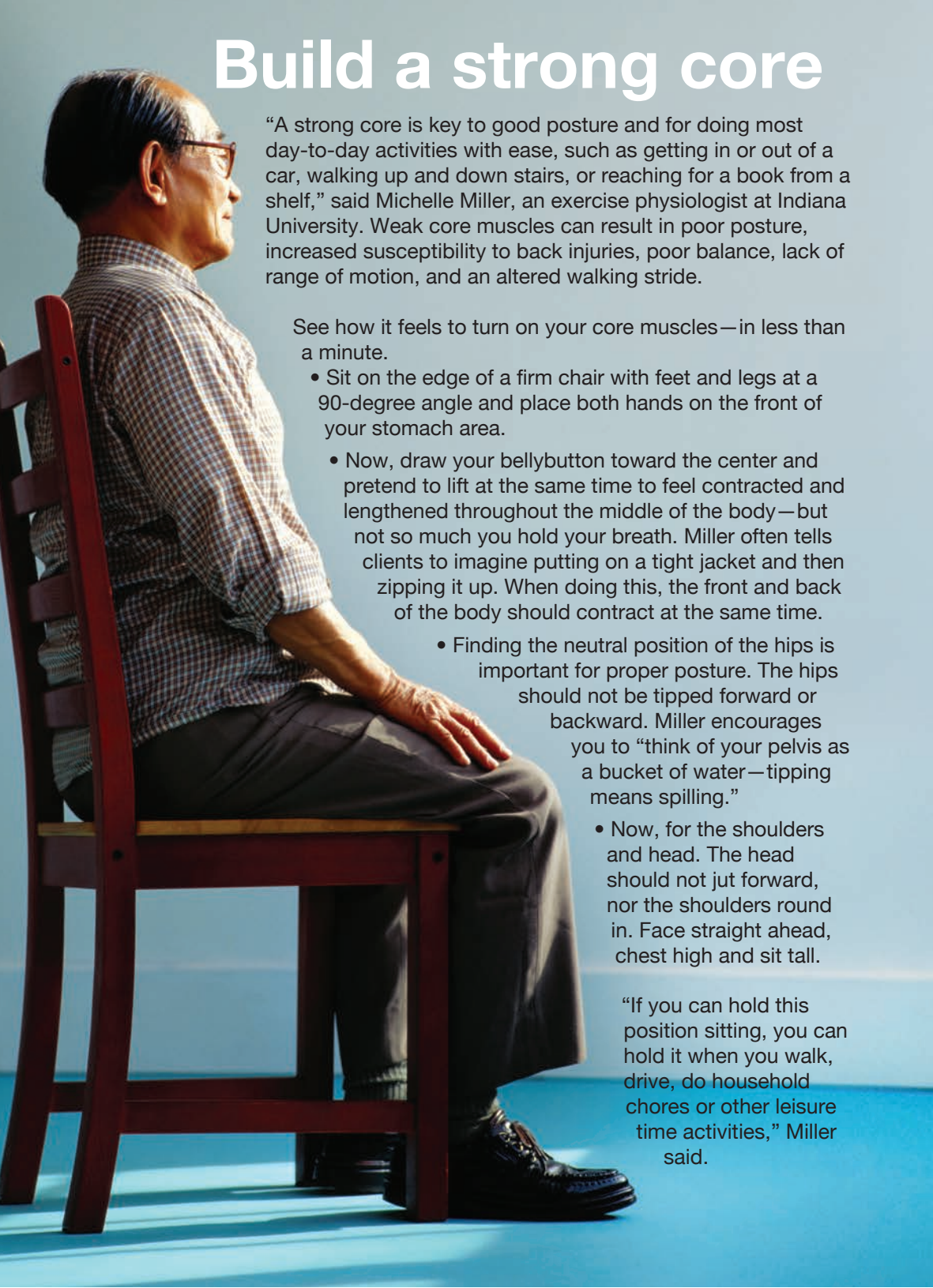
DATE: Thursday, October 29th, 2026

TIME: 11:00 a.m. - 12:00 p.m.

LOCATION: ZOOM

[CLICK HERE](#)



A side-profile photograph of an older man with glasses, wearing a checkered shirt and dark trousers, sitting on a wooden chair. He is leaning forward slightly, with his hands resting on his thighs, demonstrating a core exercise. The background is a solid light blue.

Build a strong core

“A strong core is key to good posture and for doing most day-to-day activities with ease, such as getting in or out of a car, walking up and down stairs, or reaching for a book from a shelf,” said Michelle Miller, an exercise physiologist at Indiana University. Weak core muscles can result in poor posture, increased susceptibility to back injuries, poor balance, lack of range of motion, and an altered walking stride.

See how it feels to turn on your core muscles—in less than a minute.

- Sit on the edge of a firm chair with feet and legs at a 90-degree angle and place both hands on the front of your stomach area.
- Now, draw your bellybutton toward the center and pretend to lift at the same time to feel contracted and lengthened throughout the middle of the body—but not so much you hold your breath. Miller often tells clients to imagine putting on a tight jacket and then zipping it up. When doing this, the front and back of the body should contract at the same time.
- Finding the neutral position of the hips is important for proper posture. The hips should not be tipped forward or backward. Miller encourages you to “think of your pelvis as a bucket of water—tipping means spilling.”
- Now, for the shoulders and head. The head should not jut forward, nor the shoulders round in. Face straight ahead, chest high and sit tall.

“If you can hold this position sitting, you can hold it when you walk, drive, do household chores or other leisure time activities,” Miller said.

Watch Your Back

Back pain occurs most often in the lower back, where your body absorbs the most weight and shock.

Different kinds of work and activities can increase the risk for back problems. Self-care activities can help by reducing the strain, strengthening muscles and learning proper posture.

- Do back-strengthening and stretching exercises regularly.
- Learn the safest ways to lift and reach for things.
- If your job mostly occurs while sitting, use a chair with a straight back or low-back support.
- Use a low stool to prop up your feet if your feet don't touch the floor when you sit.
- The best sleeping position for lower back pain is on your side with knees partially bent.

