



## C is for Core Exercises for Preschoolers

Our core is so important for our body! Did you know that the core muscles stabilize, align and move the trunk of the body? If our core is not strong, it can cause deficiencies in posture, balance, and endurance. It can even affect gross and fine motor skills. Try one of these fun exercises each day with your kids. You will be able to see them get stronger!

