# Back exercises are some of the most important things you can do to strengthen your muscles and prevent injuries. Lower back exercises, combined with overall good physical fitness, will keep occupational injuries at bay. Try these exercises to strengthen your back, aiming for 10 minutes most days of the week.

# **Exercises for Your Lower Back**

* *Sit-ups:* Lie with your knees bent and your feet on the floor. Place your hands behind your head with your elbows out to the side. Gradually lift your chest toward your knees while keeping your back as straight as possible. Slowly recline back to the ground.
* *Leg Lift:* Lie on the floor with your legs outstretched in front of you. Slowly raise one leg as far as you can while keeping it straight. Hold the position for 10 seconds and then lower your leg to the floor. Switch legs.
* *Wall Squats:* Stand with your back against the wall and move your feet about a foot in front of you. Keep your stomach muscles tight while sliding down to bend your knees at a 45-degree angle. Hold this position for as long as you can with a goal of reaching 60 seconds.
* *Pelvic Tilt:* Lie down with your knees bent and feet flat on the floor. Tighten your stomach muscles, press your lower back into the floor and raise your pelvis off the ground. Hold for 10 seconds.

