

EXERCISES FOR A HEALTHY DIGESTIVE SYSTEM

Muscat Daily · 14 May 2024 · 15

Whether you suffer from digestive issues or want to keep your body in good shape, the following exercises from The Alabama Colon & Rectal Institute are helpful:

5 EXERCISES FOR A HEALTHY DIGESTIVE SYSTEM

Walking
While it may seem simple, brisk walking can significantly impact your digestive fitness. During your walk, your digestive system is stimulated by movement. This mobility causes your stomach and intestines to contract, pushing food and waste throughout the system more efficiently. Walking just a few blocks daily, you can experience less bloating and gas and more consistent bowel movements.

Yoga
Yoga is an excellent exercise choice for those who want better digestive health in 2023. Yoga is proven to reduce stress, which can positively impact your digestive system. Additionally, certain yoga poses, like downward dog, boat, child's pose, upward dog, and triangle, can help you reach your goal of optimal digestion. Over time, these exercises can relax your muscles while strengthening your core and enhancing your gut health.

Biking
If you're a cardio fanatic, you'll be thrilled to know that biking is great for the gut. The quick movement of biking quickly encourages the movement of food and stimulates your digestive system. Biking can also lessen the water lost in your stool, which can help with constipation. On top of these benefits, biking can reduce belly fat, the type of fat most likely to contribute to health problems.

Sit-ups/Crunches
Abdominal exercises can strengthen your core muscles and contribute to a more efficient digestive system. At Alabama Colon and Rectal, we recommend sit-ups and crunches, but any activity stimulating your abdominal muscles will do the trick. You can begin with 8-10 repetitions of the exercise a few times per week and increase the frequency over time. The optimal time for these abdominal exercises is on an empty stomach.

Pelvic Floor Activation
Your pelvic floor muscles support your pelvis and include the bladder and bowel. If you're female, your vagina and uterus also play a role in supporting your pelvis. You can improve urinary incontinence and bowel movements by strengthening your pelvic floor. To activate your pelvic floor, focus on squeezing the muscles in your pelvis upwards while relaxing your legs and buttocks.

Yoga - Boat pose

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