

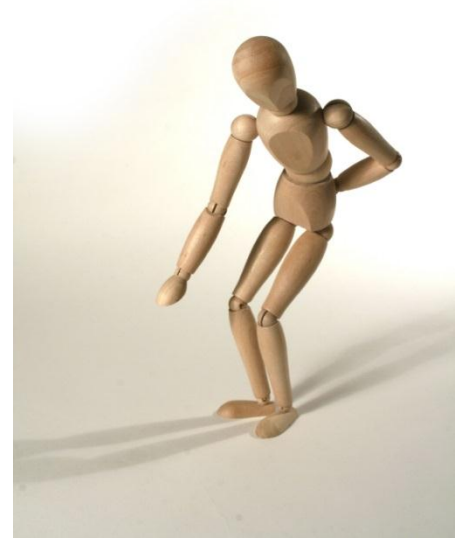
# THE BENEFITS OF GOOD POSTURE!

## What is posture? And what is “proper” posture?

Posture is the position in which you hold your body upright against gravity while standing, sitting, or lying down. Proper posture involves training your body to stand, walk, sit and lie in positions where the least amount of strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

## What are the advantages of proper posture?

Proper posture aids in the prevention of neck, back pain, and injuries by keeping joints and bones in the correct alignment, thereby reducing strain that is caused by holding your body in an unnatural position.



### Improve your posture!

- Avoid carrying heavy items on the same side every day, and in general. A rolling bag is a good option for heavy items.
- Pilates and yoga are both excellent ways to improve posture, and they also improve your overall fitness
- When seated, plant your feet on the ground firmly. This is a very simple way to improve posture and balance.
- Visit a certified health professional to help you assess your posture.
- Invest in an ergonomic chair and good bed for sleeping and working. Improving your posture will create health benefits for the rest of your life.

Proper posture decreases stress on the ligaments holding the joints of the spine together and prevents your spine from becoming fixed in abnormal positions. Proper posture also increases lung function, as standing up straight allows your lungs to fully expand, increasing air flow. Improved air flow contributes to higher body and brain function.

Proper posture allows your body to use less energy because muscles are used more efficiently, thus preventing fatigue. You will also be able to recover faster from exercise.

Proper posture will reduce the risk of your spine settling into a hunched or otherwise crooked position due to prolonged slouching. Proper posture can also have social benefits. Studies show people who have good posture appear to be more capable, confident, and attractive.

