

Proper Posture:

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Many of us have poor posture due to years of never correcting the way we sit or stand. It is very common for people to have an arched back, tight neck, rounded shoulders, etc., without realizing this is simply due to incorrect posture. Improper posture can lead to many things, like: lower back problems, headaches, and muscle imbalance. One of the best ways to fight against posture problems is being aware of your own body's posture. A quick and easy way to check your posture is to stand in front of a mirror and ask yourself these questions: Is my head straight? Are my shoulders and hips level? Do my ankles and knees seem straight?

In order to improve your posture, here is a simple and easy to-do list:

1. Always have your shoulders down and back straight in order to lengthen your neck
2. Remind yourself to pull your belly button in
3. Stand and sit straight
4. Make sure to stretch daily to keep your muscles loose
5. Find information on how to strengthen the abdominal and lower back area

Poor posture affects just about all of us but with some a few small adjustments, you can start to see an improvement.

Go to the following website to see how you can help strengthen and improve your posture: http://www.ergonomics.ucla.edu/Ex_Posture.html