

wellness

POSTURE

## Stand Tall

Shoulders back. Head up. Stand tall. It all adds up to good posture, and could mean fewer headaches, less lower back pain and reduced neck and shoulder tension.

Good posture pays! When you have muscular skeletal balance, you're protecting spinal joints from too much stress, guarding against injury and taking steps to prevent back pain.

How's your posture? Try walking with a book on your head. If it stays on, you're on the mark. Keeping your abdominal muscles strong will help, because they help support your spine. And wear shoes that give your body good support, the flatter the better. Your back will thank you!

## Sit Straight

How you sit affects your posture, too. A long day slouching at school can take its toll. Try to:

- ✔ Sit with your back against your chair and desk
- ✔ Make sure your knees are at hip level
- ✔ Keep your shoulders straight and parallel to your hips
- ✔ Avoid slouching or leaning forward
- ✔ Adjust your computer screen to eye level
- ✔ Take a break and walk around when you can

## Morning Stretch

Give your posture a boost with this morning stretch:

- ✔ Stand with your feet shoulder-width apart, stretching your arms above your head.
- ✔ Wrap your arms around your body and turn far to the left, then far to the right.

"Unless some misfortune has made it impossible, everyone can have good posture."

— Loretta Young

"A good stance and posture reflect a proper state of mind."

— Morihei Ueshiba

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School Datebooks

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