



Step 1: While seated (or standing once you get the hang of it) keep your upper body/neck as tall and straight as possible. Try to make your neck feel as long and tall as possible while keeping your eyes level.

Step 2: Hold your arms out to the side, palms facing forward.

Step 3: Perform a chin tuck. This is accomplished by pulling your chin straight back, again keeping your eyes and head level. You want to pretend someone has attached strings to the very top and back of your skull and are pulling them both simultaneously.

Step 4: Draw your shoulder blades (scapula) together. Pretend like you are trying to pinch a pencil between them. This is the part people most often make a mistake on. It is important that your shoulders DO NOT go up. To accomplish this try pushing your breast bone (sternum) forward and pulling your shoulder blades slightly down as you draw them together.

Step 5: Hold the position for 5-20 seconds then relax. You can do it again after 30 seconds of rest time if desired. You can do this exercise anytime you feel yourself slouching throughout the day. When you relax, try not to go back to your slouching posture and remain upright.