

# POSTURE PERFECTION

Postural awareness may take some work, but the benefits are undeniable. By preventing tech-neck, rounded shoulders, and a forward flexed spine, good posture keeps you aligned and comfortable.

Upon understanding the different muscles involved in good posture, you'll realize it's a full body effort.

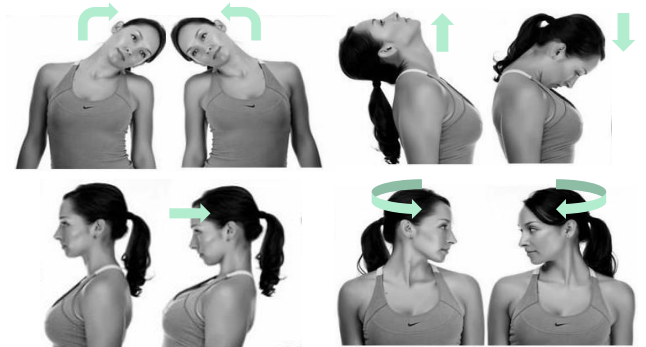
## Neck

**Lateral flexion (top left)** Face forward and tilt your head as if you're trying to bring your ear down to your shoulder on each side.

**Flexion & Extension (top right)** Perform an exaggerated 'Yes' motion. Slowly extend the neck to look all the way up, and then flex the neck by bringing the chin to the chest.

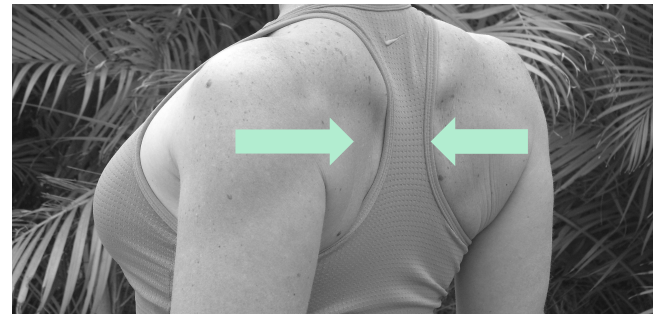
**Rotation (bottom right)** Perform an exaggerated 'No' motion. Slowly turn your head as far as you can left to right.

**Retraction (bottom left)** Start in neutral and gently bring your chin inward – it looks unflattering but it's great for returning your head to neutral position and applying a light stretch to the back of your neck.



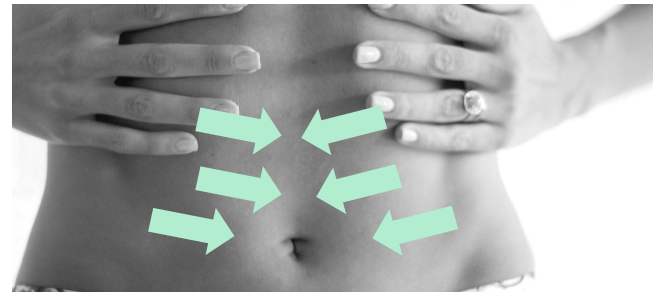
## Scapulae

**Squeeze your shoulder blades together and down for a count of 10 seconds** and slowly release to feel the impact of this simple exercise on your upper back, shoulders, neck and chest. Engaging your scapulae **automatically pulls your shoulders back and broadens your collarbones to open your chest.** Practice this quick exercise at your desk to release tension and reset your posture several times a day while sitting or standing.



## Abdominals

**Engage the transverse abdominis** by keeping your shoulders back in neutral, taking a deep inhale and upon the exhalation flex your abdominals to **feel the sensation of your 'ribs knitting together'**. Draw the belly button in and back and hold for a count of 10 seconds. Try this in sitting or standing position.



## Pelvis

**Develop awareness of your pelvic position with a simple cat-cow stretch.** Starting on your hands and knees, tuck the tailbone under and round the spine upward into a flexed 'cat' position (posterior tilt). Release, then bring the pelvis through neutral position. Begin to tilt the pelvis forward with spine arched in extension to create a sway-back 'cow' position (anterior tilt). **Gently repeat a few times to feel how tilting the pelvis in each direction impacts the curves of your spine.**



## Glutes

'Glute sets' involve the simple act of squeezing your cheeks.

**Hold for a count of 5 seconds and release, repeating 10 times.**

Engaging the gluteal muscles in standing helps position your pelvis in neutral and awakens muscles of the lower abdomen and legs.

