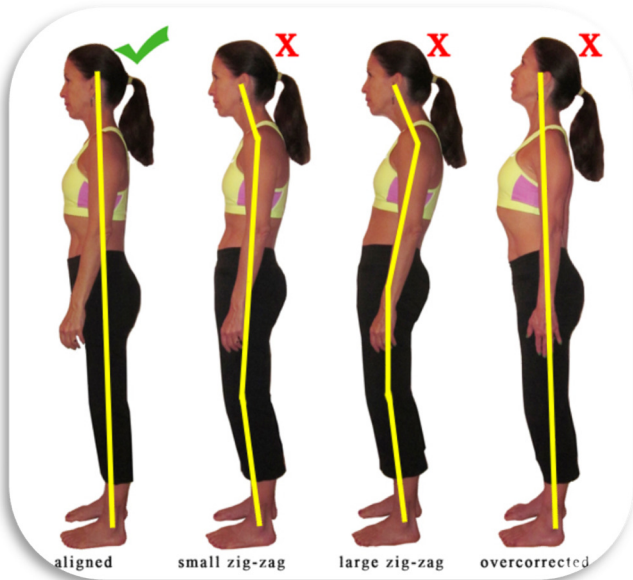


Build a Better Posture

Over time, bad habits like slouching, sitting on office chairs, leaning forward into the computer screens, and tilting our head when we talk on phones lead to poor posture. Having a poor posture is related to chronic backaches, headaches, shoulder, and chest pain. It takes time to correct your posture, and we have simple exercises to gradually improve your posture. We also have tips you can follow when you're working!

Why Build a Better Posture?

- ✓ Improves circulation
- ✓ Improves nerve conduction
- ✓ Improves quality of respiration
- ✓ Helps you to breathe properly
- ✓ Increases energy
- ✓ Decreases risk of depression
- ✓ Injury prevention



10 Ways to Improve Your Posture at Work

- 1) Your ears, shoulders, and hip should be in a straight line (you may be leaning too forward or back).
- 2) Uncross your legs and place both feet flat on the ground.
- 3) Open up your chest by bringing your shoulder blades together.
- 4) When you sit, use a support pillow, or a rolled-up towel for your lower back.
- 5) Keep moving! Every hour, take a mini-walk around the office to increase blood flow.
- 6) If available, use a standing desk.
- 7) Use a swiss ball to activate your back muscles instead of a chair.
- 8) Ensure your computer screen is placed at a proper distance from your eyes to prevent yourself from leaning forward.
- 9) Stand on your entire foot (most people put more weight on their heels).
- 10) When lifting or picking things up, do not bend forward; squat down and bend your knees to pick up heavy items. Do not lift heavy items over your shoulder.

Exercises to Build a Better Posture

Core

Crunch

Lie on the floor with your knees bent. Intertwine your fingers and place them behind your head. Keep your elbows wide as you lift your upper torso. Repeat 12 – 15x.



Plank

Position yourself onto your hands and knees. Plant your forearms on the floor and lift up your legs until your body is a straight line – keep your abdominals tight. Try and hold this position for 30 seconds or longer.



Side Plank

Lie on your right side of your body with one leg on top of another (or slightly in front) and bend your right arm at 90 degrees to lift up your body. Try and hold this position for 30 seconds or longer.



Bicycle

Lie on your back with your knees bent. Intertwine your fingers and place them behind your head. As your right elbow reaches your left knee, extend your right knee. Your shoulder blade should be off the mat as you twist your torso. Return back to starting position and switch sides. Repeat 12 – 15x each side.



Dead Bug

Lie on your back with your arms reaching towards the ceiling and with your knees bent at 90 degrees. As you extend your right arm over your head, extend your left leg. Return back to starting position and switch sides.



Exercises to Build a Better Posture

Back

Wall Slide

Stand about 1 foot distance away from a wall, with the back of the head, upper back and butt in contact with the wall. Bring your arms to a 90 degree angle, with the back of your hands against the wall. Engage abs and tilt pelvis, so there is no space between the wall and your back. Slowly slide your arms upwards, along the wall in a “Y”. Repeat 12 – 15x.



Back Extensions

Place yourself on a ball so that your abdominals and hips are on it. Keep your toes firm on the ground. Place your hands by your ears or across your chest and then raise your torso up, level with your body. Hold this position for 1-3 seconds. Return back to starting position and repeat 12 – 15x.



Back Rows

Anchor the centre of resistant band onto a vertical pole at elbow height. Bend your elbows to pull the band toward your body as if you are rowing. Squeeze your shoulder blades together. If an anchor is not available, sit on the floor with your legs extended and place the center of a resistant band behind the soles of your feet. Sit as straight as possible and bend your elbows to pull the band toward your body. Slowly return to starting position. Repeat 12 – 15x.



Bird Dog

Position yourself on your hands and knees. Reach your left arm forward and extend your right leg backwards simultaneously. You're your pelvis level and abs engaged. Return back to starting position and switch sides. Repeat 10 – 12x.



Exercises to Build a Better Posture

Reverse Dumbbell Flys

Sit on the top of a ball with your feet planted on the ground. Lean over so your chest is over your knees. With dumbbells in each hand, raise your arms to the side up to shoulder height while keeping your arms straight (but do not lock your elbows). Slowly return to starting position and repeat.



Chest/Hip Flexors

Wall Stretch

Extend your arm along the wall and place your palm flat on the wall. Slowly turn your chest away from the wall until you feel a stretch in your chest.



Hip flexor stretch

Position yourself in a forward lunge with your left leg bent at 90 degrees and your right knee on the ground. Contract your abs and your glutes as you slightly tilt your pelvis. To increase the stretch, reach your right arm up and lean away from the side you are stretching. Hold for up to 2 minutes. Repeat on other side.



Practice good posture!

Reset your posture several times throughout the day. Start by standing up. Clasp hands together and slowly reach for the ceiling; align your body, stand tall and feel your abs engaged. Reach as high as you can and inhale deeply for 20-30 seconds. Bring your arms down slowly and release your breath. Your posture has been set!

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