

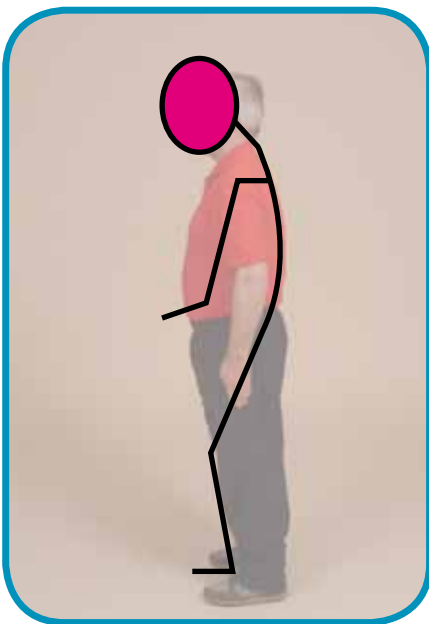
# Get posture perfect

## Why good posture is important

Good posture means you are more confident and more independent. It also means that you are less likely to fall. The best way to achieve good posture is to improve your balance and your strength. You can do this by activities like dancing or yoga. You can also do the activities on our three Go for Life factsheets.

### Poor posture

Poor posture usually means your head is forward, your shoulders are rounded and your upper back is curved.



### Good posture

Good posture means that your ears are over your shoulders, over your hips, over your knees, over your heels.



Get posture perfect more older people more active, more often

The outcome of poor posture is that you tilt forward. To stay upright, you compensate by curving your back and bending your knees. This also makes your stomach and bottom stick out.



The National Programme for  
Sport and Physical Activity for Older People



This is general information on physical activity. Certain activities may not suit your own physical health and abilities. Anyone with a pre-existing medical condition or doubts about doing any of these activities should ask their doctor or public health nurse first.



1

## Getting posture perfect

These four activities will help to improve your upper body posture. You can do them sitting or standing, as you prefer. Try doing them every day after breakfast until you get in the habit.



2

### 1. Posture Perfect (standing)

Start with your feet slightly apart, feet facing forward and your knees soft (slightly bent). Imagine a string is tied to the top of your head. Someone is gently drawing it upwards. When your body feels tall, lift your shoulders. Draw them backward and lower them into a relaxed position so that your head is over your shoulders and your shoulders are over your hips.



3

### 2. Posture Perfect (sitting)

Imagine a string is tied to the top of your head. Someone is gently drawing it upwards. When your body feels tall, lift your shoulders. Draw them backward and lower them into a relaxed position so that your head is over your shoulders and your shoulders are over your hips.



4

### 3. Chest Stretcher

Place your hands on the back of your chair or your lower back. Gently ease your shoulders back and down as if bringing your shoulder blades together (imagine trying to hold a pen between your shoulder blades). Hold your position when you feel a little tension along your chest.

### 4. Shoulder Stretcher

With your arms by your side, slowly turn your hands forward and outwards so that the palms face out. Then, slowly draw your arms back. Hold your position when you feel a little tension along your shoulders.