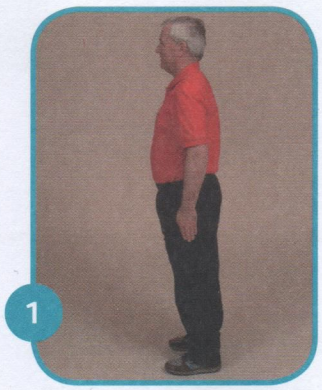


Getting posture perfect

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.

1. Posture Perfect (standing)

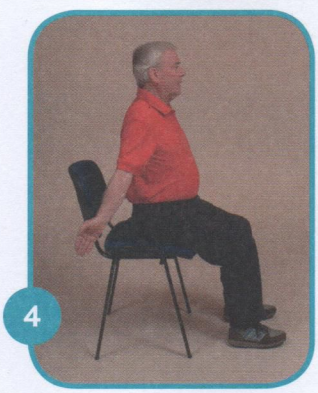
Start with your feet slightly apart, feet facing forward and your knees soft (slightly bent). Imagine a string is tied to the top of your head. Someone is gently drawing it upwards. When your body feels tall, lift your shoulders. Draw them backward and lower them into a relaxed position so that your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

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.

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.

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