



POWER POSTURE

10 Effective Moves To Improve
Posture



Introduction

Posture is a crucial component of physical health in general and bone health in particular.

Good posture is about more than just looks. It actually affects the integrity of your bones, because, like exercise that strengthens muscles, it applies “good stress” on your bones, stimulating them to become more resilient to fracture and healthier at the point of stress. Conversely, poor posture misaligns your bones and joints, thereby applying the wrong kind of stress (in the wrong places) on your bones. This can lead to pain, discomfort, and lack of healthy movement.

Additionally, proper posture keeps your bones in the correct place so they can function optimally. Both the stress of gravity and muscle action work to strengthen and improve the integrity of your bones. So if you’ve been diagnosed with

osteoporosis or osteopenia, practicing good posture is particularly important.

One of the keys to improving posture is the activation and strengthening of the appropriate postural muscles that become weak and disengaged in chronic bad posture. The good news is that simple exercises you can perform at home can do just that.

If you're among the many people who suffer from postural problems but don't know how to correct them, here's a guide to improving your posture through targeted, scientifically-proven exercises.

How to Use This Guide

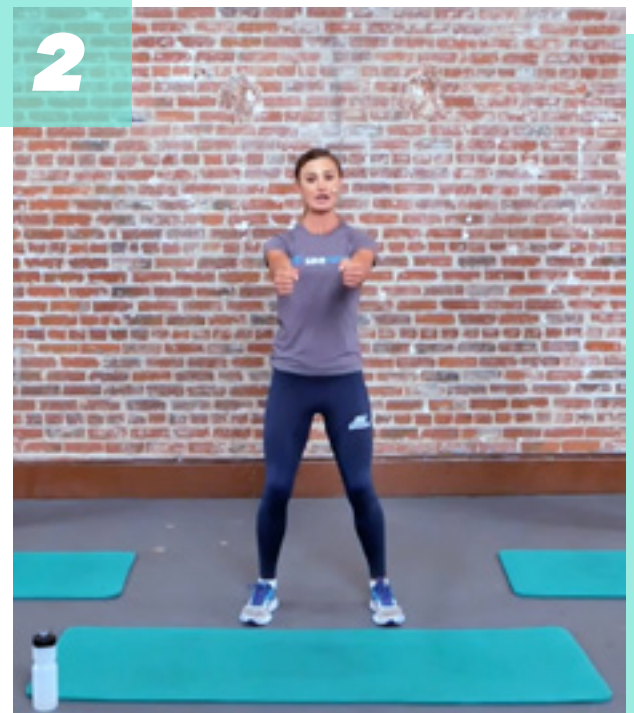
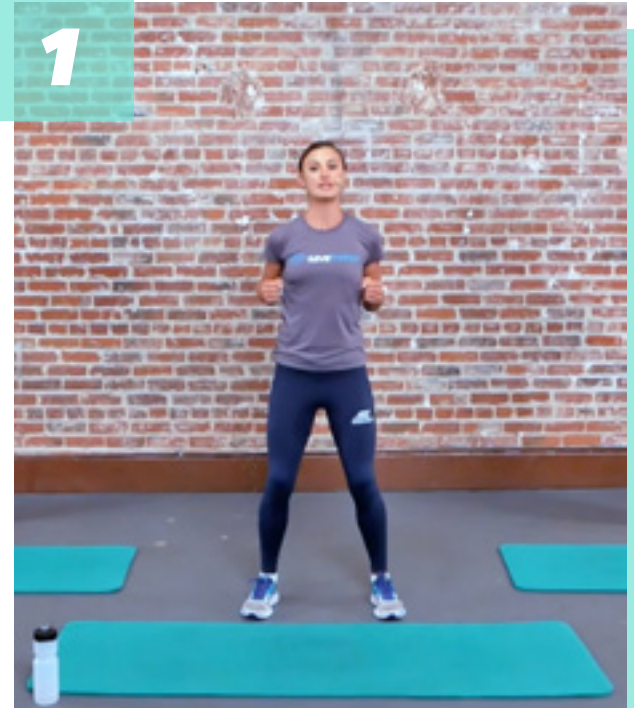
The following posture exercises can be divided into two sections of five each, so you can alternate them at least three times a week, preferably incorporating them into your regular exercise routine. But if you prefer, you can practice these exercises at any time of day on their own. We recommend that as you become more adept at them, you increase the repetitions.

By practicing these exercises you'll make substantial improvements to your posture and you'll notice that your muscles involved in these moves will be stronger.

Let's get started!

Rows

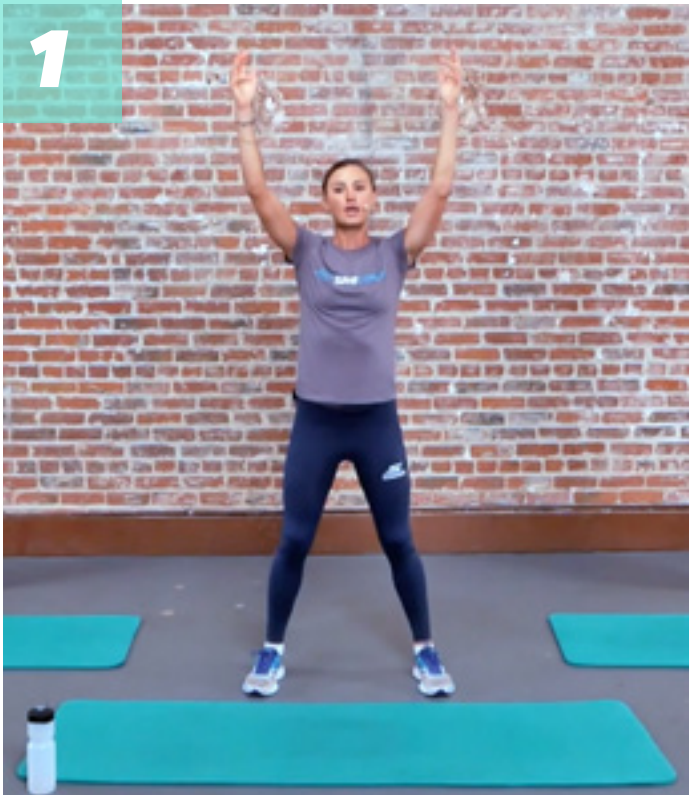
- 1** Stand with feet shoulder-width apart and knees slightly bent.
- 2** Keeping the neck soft and relaxed, make a fist and then stretch both arms forward parallel to the floor with the fingers of each hand facing each other.
- 3** Once the arms are fully stretched, row them back and continue this out and back motion for a minimum of 10 repetitions.



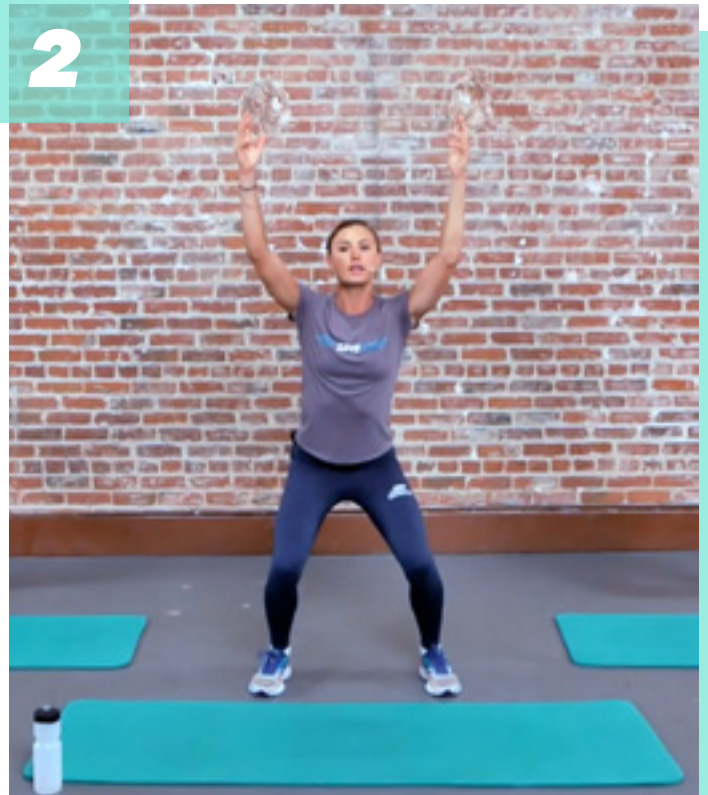
Quarter Chair Pose

- 1** Standing with legs shoulder-width apart, bring your arms up next to your head with palms facing forward.
- 2** Next, do a quarter squat and then straighten your legs, remembering to maintain shoulders down and the neck relaxed.
- 3** Repeat 10 times or as many times as you comfortably can.

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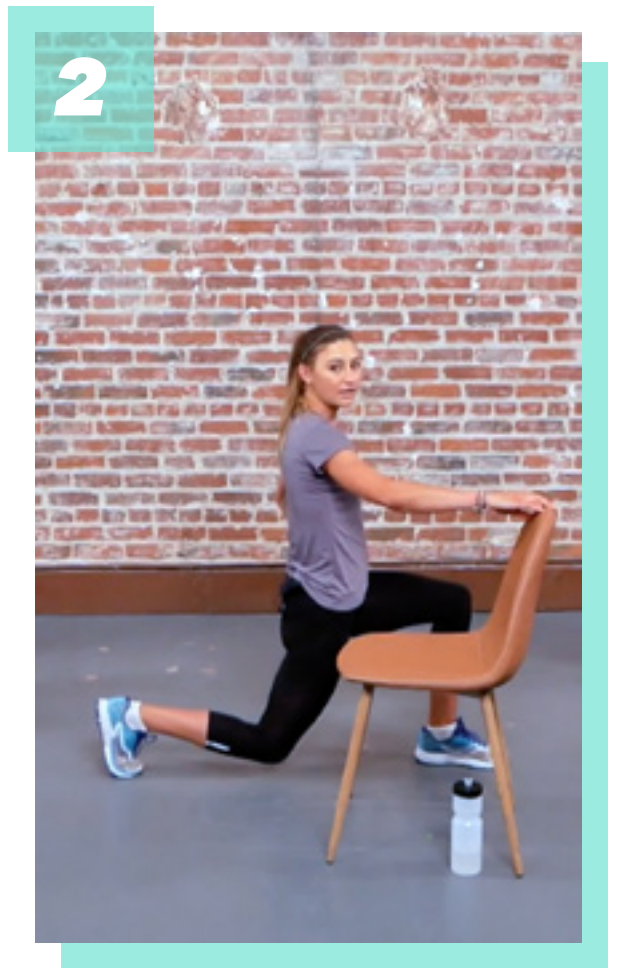
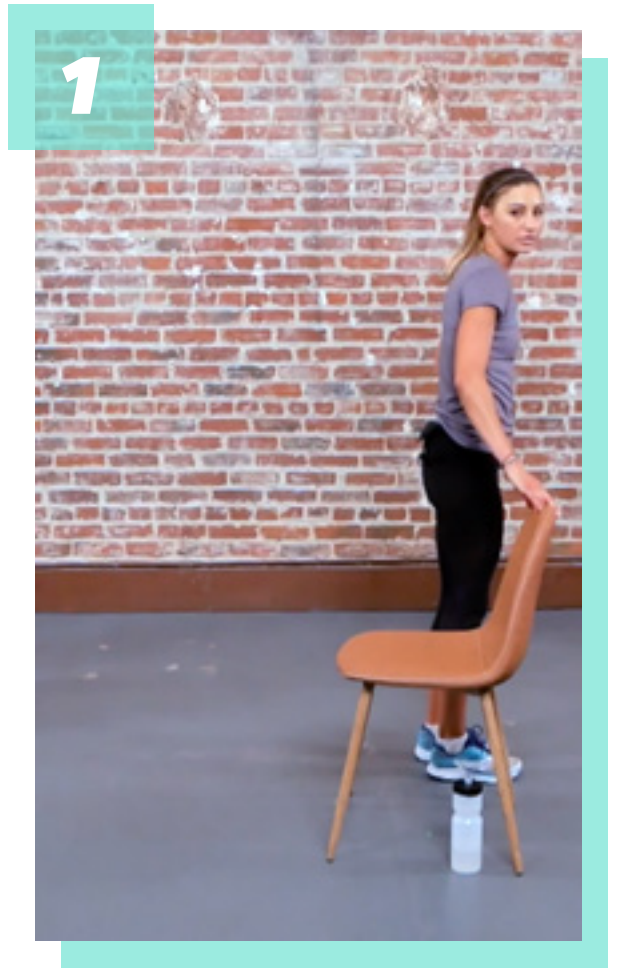


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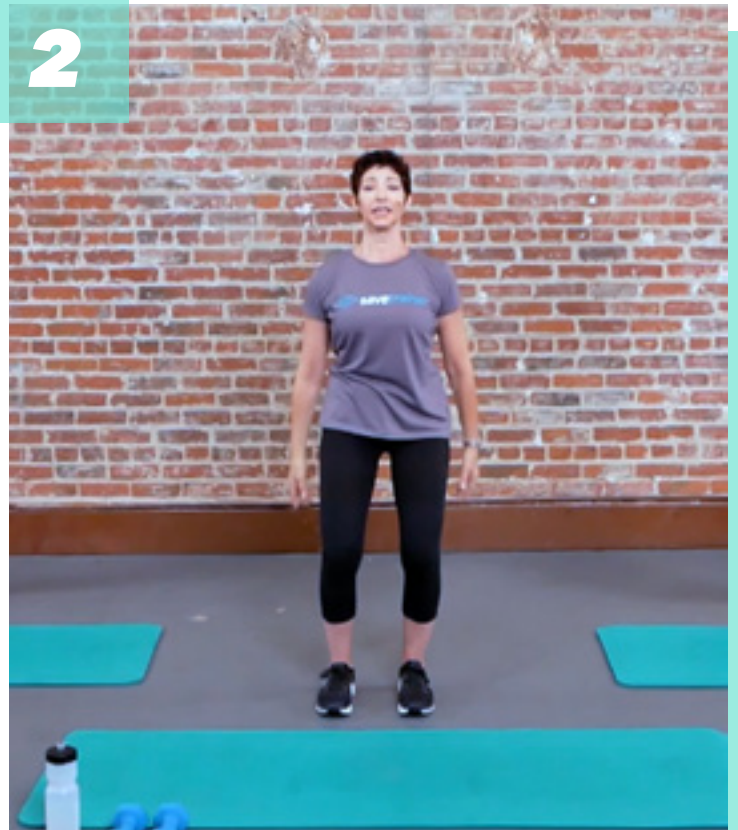
Alternating Reverse Lunge

- 1** Stand next to a chair or anything stable that you can hold on to. Place your right hand on to the chair and then start with your right leg back and stride into a lunge.
- 2** Next, sit into that back leg, making sure the front knee stays right over the ankle. Then get up from that position and bring the right leg next to the left one.
- 3** Switch to the left leg and repeat at least five times with each leg, alternating legs. Make sure you keep the hip flexor open, especially in that back leg, and maintain a straight back and a tight core.



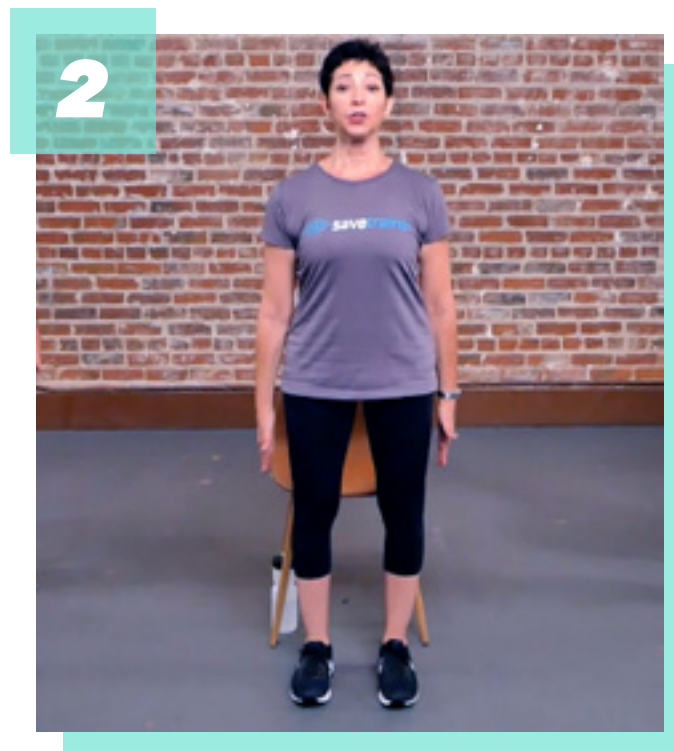
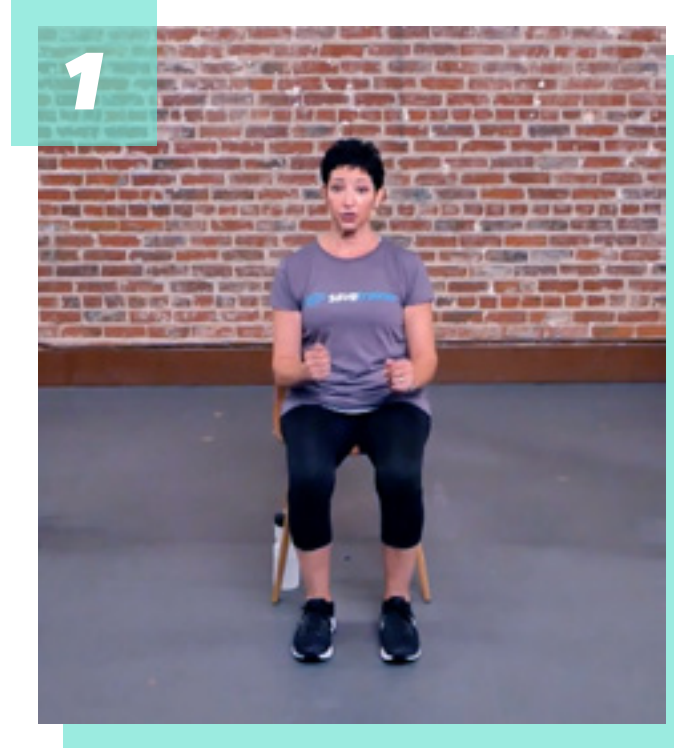
Arm Lifts

- 1** Stand with legs shoulder-width apart, knees soft, shoulders back, and your arms parallel to your body with palms facing forward.
- 2** Lift both arms so that they're next to your ears (or as far up as you can) with palms facing each other, opening up the rib cage and making sure your shoulders don't move up. Then bring the arms back down without arching your back.
- 3** Repeat at least 10 times.



Sit And Stand

- 1** Sit on the edge of a chair with your feet flat on the floor and your arms straight down, palms facing each other.
- 2** Stand up and sit down again. Remember to maintain good posture when you stand up and when you sit down, keeping your shoulders back, sternum forward and up, and neck aligned with your spine.
- 3** Repeat at least 10 times.



Isometric Back Straightener

- 1** Standing with legs slightly more than shoulder-width apart and knees slightly bent, bring your arms forward with palms facing down.
- 2** Squeeze your elbows back (now your elbows are bent) and reach behind as if you're trying to touch your elbows behind your back. Continue to squeeze backwards, remembering to breathe.
- 3** Hold for 20 to 30 seconds and repeat two or three times.
- 4** Repeat at least 10 times.



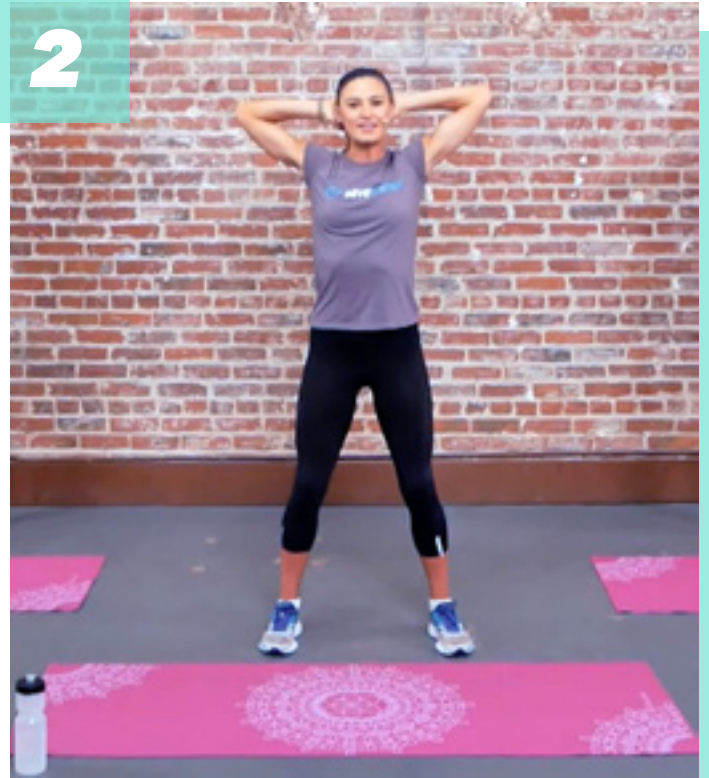
Shoulder Relaxers

- 1** Stand with your legs shoulder-width apart, knees soft. Clasp your hands behind your head, keeping the neck relaxed, and place your elbows close to your face.
- 2** Open the elbows and continue with the motion of closing and opening your elbows.
- 3** Do two or three sets of 10.

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Chair Stepping

- 1** Stand facing the seat of a chair with hands on your hips and your back straight. Lightly place one leg on the seat and then bring it back down.
- 2** Lift the other leg and repeat the same motion. Make sure you lift the knee straight forward without opening the hip outwards. Use your hip flexors and quads to drive the legs forward and up.
- 3** Do two or three sets of 10.



Posture Squats

- 1** Stand keeping your legs straight and feet slightly wider than hip-width. While holding your hands at chest height with elbows bent, squat and straighten your arms downwards to touch your toes.
- 2** Remain squatting while lifting your arms toward the ceiling in an approximate 45 degree angle from your head and then straighten your legs keeping your arms up.
- 3** Hold your hands under your chin and repeat the sequence 10 times.

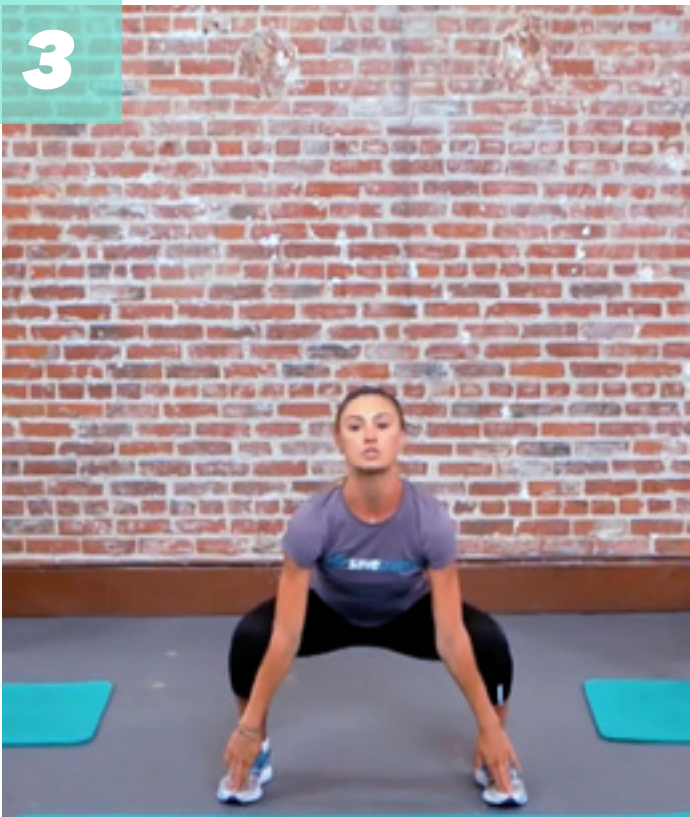
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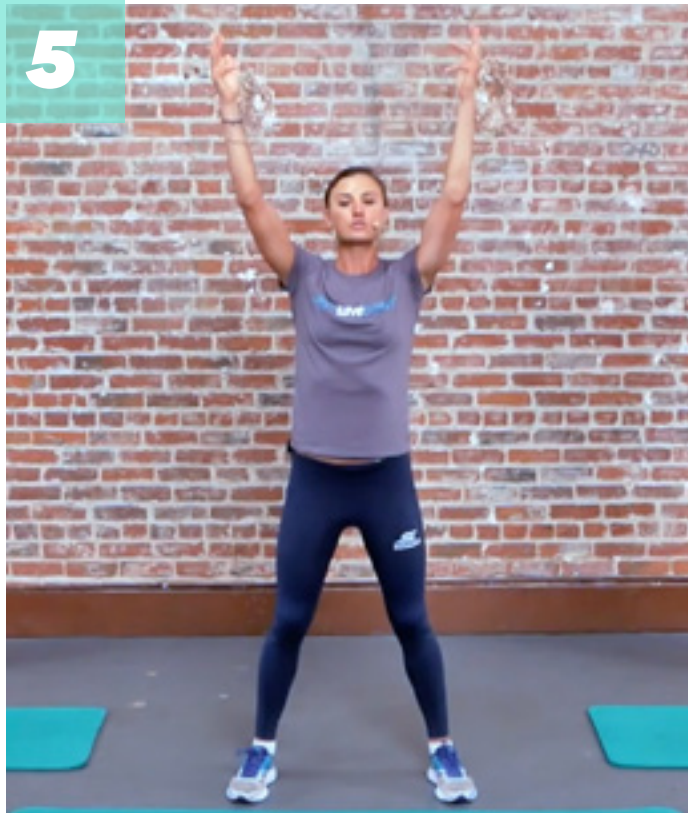
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Glute Bridge

- 1** Lay down on a floor matt or carpet with knees bent, feet flat on the floor slightly apart, and arms stretched with fingernails grazing your heels and palms facing down.
- 2** Lift the hips up and then bring them back down. Make sure your knees are straight over the ankles, and not touching or too far out.
- 3** Do at least two sets of 10 lifts.

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