

The Importance of Good Posture

As children, we are taught to stand up straight, not to slouch in our chairs, and chin up, feet flat on the floor. As we get older, stress takes over, our jobs require us to sit for long hours in front of the computer or in a car stuck in traffic. Over time, we begin to slouch and we learn poor posture. Poor posture sabotages your figure and health, making you appear older, unglamorous, unhappy and tired. Over time, this will develop into the popular dowager's hump, double chin, pot belly and sway back. Internally your body will develop varicose veins, pinched nerves, heart and muscle strain. Putting your body back into proper alignment and you will regain a flat stomach, straight back, your buttocks will be tucked in, your neck will appear longer, and you will move gracefully. Having good posture will help you look and feel more glamorous, feel more alive and keep your body healthier!

How to stand straight:

- Stand with feet a few inches apart, toes pointing straight ahead and arms hanging loosely at your sides.
- Distribute weight evenly on both legs, pressing evenly on the balls of your feet and tighten your thigh muscles.
- Slowly draw your buttocks tightly together.
- Slowly stretch your spine upward while drawing your shoulder blades down and back. Be careful not to lift your shoulders or tilt your chin.

Start each day with these exercises and over time you will naturally have good posture and alignment. Try doing this with a friend or significant other, this way you can check each other to ensure proper posture together! Upright posture is considered to be a reflection of human dignity and integrity.

What is the Alexander Technique?

The Alexander Technique (www.thealexandertechnique.com) is a way of learning to rid your body of harmful tension and stress and discover new balance. This method helps to improve bad habits in our everyday lives and activities. This technique gives you improved movement, balance, support and coordination. Many people who use the Alexander technique experience a feeling of lightness through their bodies, feeling of calmness and happiness, which gives us greater ability to cope with the stresses that occur in our daily lives. By learning this technique, common ailments can be prevented, such as arthritis, neck and back pain, migraines, hypertension, sciatica, insomnia and depression.