



Stand Tall

“Feet Apart, Stomach In, Shoulders Back, Chin Up.” This is your inner drill sergeant talking. And many of us have gone AWOL. The good news is it's never too late to improve your posture. Here's why you should learn to stand straight and how you can make it happen.

Consequences of Bad Posture

From board meetings to bunko groups, there's a lot of tension these days – as in neck tension. Our necks and backs hurt, and poor posture is the No. 1 culprit. When you hunch forward, your body isn't properly aligned. Not only does poor posture look bad, but it forces some muscles to work incredibly hard all day long while others get weaker.

Poor posture can put you in other slumps, too. When you slouch, you're pressing down on your internal organs, which affects digestion. And your circulation and breathing capacity can take a hit too.

Quick Fix?

Unlike other bad habits, poor posture can be relaxing to correct. Why? Massage can help get your body back on track. A good massage therapist can be invaluable in relaxing the tension overload that our muscles develop in response to bad posture. Massage can relax and loosen the muscles made sore by bad posture, allowing your body to position itself in its natural and pain free-posture.

Core exercises such as planks, crunches and back extensions can help strengthen the muscles that support good posture.

In the end, retraining yourself to have good posture will be worth the effort. Your posture conveys an awful lot to the world around you. Do you want to convey insecurity or vitality and strength?

Here's a quick, head-to-toe checklist that will encourage good posture on the job.

- The top of your computer monitor is at or below eye level.
- Your forearms are parallel to the floor.
- Your backrest supports your lower back and creates a 90-degree hip-torso angle.
- Your thighs are parallel to the floor.
- Your feet are flat on the floor.

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