



THE IMPORTANCE OF POSTURE

What is posture and how important is it?

Posture refers to the body's alignment and positioning with respect to the ever-present force of gravity. It is as important as any other aspect of your health! But not just because having bad posture can be uncomfortable.

Here are the top reasons why you should be more aware of your posture:

- 1. Your posture says a lot about you.** If you have a closed posture, you are deemed more distant and unwelcoming, whereas a more open posture (shoulders back, head up) could be a factor in being perceived as more pleasant and approachable.
- 2. Poor posture can play a part in having low self-esteem and even depression.** Leading health expert Dr Mercola claims that "By practicing good posture, you'll automatically feel more confident."
- 3. Additionally, poor posture has more worrying side-effects.** A forward head posture, hunched shoulders and tilted pelvis can result in an increased risk of neck and back pain and stiffness, osteoarthritis and osteoporosis.

It is never too late to improve your posture!

However the longer that you have poor posture the more challenging it is to correct. As a basic rule, when sitting and standing, imagine someone is pulling you up by a string attached to the top of your head. Imagine you have a light attached to your chest that always must look forward, and make sure you don't tuck your pelvis forward when sitting, which puts unnecessary stress on your lumbar spine.