

THE LINK BETWEEN POOR POSTURE AND CHRONIC PAIN



Proper posture helps prevent chronic back and neck pain. Over time, poor alignment can lead to long-term issues—especially as your body adapts to daily habits and aging. Small posture improvements today can reduce pain tomorrow.

WAYS TO IMPROVE YOUR POSTURE:

- **Yoga:** focuses on body awareness and mindfulness which allows you to learn how to feel what is wrong with your posture.
- **Move often:** if you work at a computer, shift positions frequently. Take short walks, stand periodically, and stretch to release muscle tension.
- **Raise the height of your monitor:** adjust your screen to eye level to avoid straining your neck by looking down for long periods.
- **Strengthen your muscles:** strengthening your muscles will make it easier to improve your posture.

Incorporate some of these ideas to help improve and maintain proper posture.