

THE BASICS OF POSTURE

UNDERSTANDING ALIGNMENT



Just like our bodies, everyone's posture is unique. Practicing proper posture is more than just standing tall—it can help prevent injuries, reduce pain, and support overall health. By aligning your body correctly, you can ease joint stress, improve flexibility, and promote long-term well-being.

THERE ARE TWO MAIN TYPES OF POSTURE:

- 1 Dynamic posture:** How you hold yourself while moving—such as walking, running, or bending over.
- 2 Static posture:** How you hold yourself when you're still—like sitting, standing, or lying down.

TIPS FOR MAINTAINING GOOD POSTURE

- **Keep your head aligned:** Avoid letting your head hang forward or tilting it too far back. Keep it directly above your shoulders.
- **Engage your core:** Activating your abdominal muscles helps naturally align your spine.
- **Align shoulders with hips:** Picture a straight line from your shoulders to your hips—keeping that line steady helps maintain balance.
- **Choose supportive shoes:** Poorly fitting shoes can force your feet into unnatural positions and disrupt posture.
- **Stabilize your lower body:**
 - When sitting: Keep both feet flat on the floor.
 - When standing: Place your feet about hip-width apart for stability.

Start incorporating these simple posture tips into your daily routine. Small adjustments now can lead to big benefits in the long run.