

Improve your posture

The way we live our lives has a huge impact on the way your posture will develop. The human body was designed as a 'hunter-gatherer', but we have evolved into a very sedentary lifestyle. We spend large portions of our day sitting at computers, driving or watching television. Spending time sitting in a hunched position will take its toll. For example, if you spend a long time sat at a computer, your body will gradually adapt into this position. Your shoulders will gradually move forward as your pectoral muscles get tighter, the thoracic region of your spine will begin to increase in curvature and your arms will move forward. A condition known as Kyphosis (an abnormally rounded back) may occur and is more prevalent in older adults. To help prevent this condition a regular stretching and strengthening regime should be undertaken. This should include taking regular breaks from a workstation or computer. Sitting at a computer station by itself does not increase the risk of Kyphosis, however sitting in poor posture will. Therefore making sure that the workstation and chair are suitable and appropriate is essential. Here are our top ten tips to help prevent Kyphosis:-

1. Maintain a good posture at all times during the day
2. Stretch on a regular basis - especially very tight areas
3. Lengthen through your spine - make yourself taller
4. Do some pulling type exercises to strengthen the upper back
5. Do some core conditioning exercises - especially lower back work
6. Visit a Chiropractor - these guys work on backs all day and can help prevent further injury
7. Employ a personal trainer to improve your posture- Contact us on 01443 217837
8. Check your workstation
9. Take regular breaks
10. Be more active, exercise is important – why not try one of our CROWN FITNESS Stretch & Posture classes?