The Health Benefits of Good Posture

Good posture is the position which is attained when the joints are biomechanically sound and able to move in the direction they are designed to and the spine is aligned. Maintaining good posture involves learning how to train your body to move and function where the least strain is placed on bones, joints and soft tissues. Additionally, a body that is in equilibrium will attain its alignment and continue proper mobility.

Posture Checklist

Training your body to sit upright can be a challenge. Follow this posture checklist to learn the proper way to sit with good posture:

  ➢ Keep a straight back, maintaining all three natural curves in the spine
  ➢ Distribute weight evenly on both hips
  ➢ Keep head and neck aligned over shoulders
  ➢ Sit back in a chair – the back should be supported by the seat back
  ➢ Adjust chair so that the hips are slightly higher than the knee
  ➢ Support feet on the floor or a footrest
  ➢ Avoid being seated for long periods of time; move around at least once every hour
  ➢ Do not twist or bend back from a seated position

Good Posture: What can it do for you?

There are many health benefits associated with having good posture, such as a spike in self-esteem and self-image, reduced negative mood and increase in positivity!

Good posture can:

  ➢ Optimize breathing and circulation
  ➢ Maintain bones and joints in correct alignment so muscles are used properly and efficiently
  ➢ Reduce or prevent abnormal wearing of joint surfaces that could result in degenerative diseases (Example: Arthritis)
  ➢ Decrease stress on soft tissues: ligaments, muscles, tendons, discs
  ➢ Prevent the spine from becoming fixed in abnormal positions
  ➢ Prevent fatigue, including muscle fatigue
  ➢ Prevent postural strain or overuse
  ➢ Prevent neck or back pain
  ➢ Contribute to a healthy image or appearance

Start today! Practice makes permanent, so practice great posture throughout your day.

Sources:
http://ergonomics.ucr.edu/posture.html
http://www.ncbi.nlm.nih.gov/pubmed/25222091