

Media

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FOR IMMEDIATE RELEASE

Foundation for Chiropractic Progress Observes National Correct Posture Month: Posture Impacts Overall Health

CARMICHAEL, Calif. – May 13, 2015 – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, calls for increased awareness about the significant impact of postural habits on overall health during [National Correct Posture Month](#) (NCPM), an annual nationwide awareness campaign held each May. The F4CP will support the month-long campaign through the distribution of educational materials, print communications and social media campaigns.

“Maintaining proper posture, or correct alignment of the body, is a key contributor to healthy living,” states internationally renowned posture expert, [Steven Weiniger](#), DC, emphasizing that doctors of chiropractic (DCs) specialize in spinal health and wellness. “By improving posture, symmetry and balance, individuals can reduce the risk of recurrent flare-ups, prevent injuries and maintain peak performance.”

According to the *American Journal of Pain Management*, posture affects and moderates every physiological function from breathing to hormonal production. Many factors can attribute to poor posture, including stress, obesity, pregnancy, weak postural muscles, decreased flexibility and improper body positioning. DCs are specifically trained to provide hands-on care that helps to naturally align and strengthen the spine, as well as counsel patients about healthy lifestyle habits.

Experts at the F4CP recommend the following tips to help individuals develop long-lasting habits for good posture:

- Keep a neutral spine – head up and shoulders pulled back
- Avoid forward flexing of the head for extended periods of time
- Consult a DC for advice on proper postural habits, as well as hands-on care to support spinal alignment and strengthening

“Our muscles routinely work to balance us as we sit, stand, bend and sleep,” shares Dr. Weiniger. “Over time, however, uneven stress causes the body to adapt and change, subsequently causing aches and pain. A DC can help to help correct poor postural habits, and suggest appropriate techniques that aid in the improvement of proper body mechanics and overall health.”

About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at www.yes2chiropractic.com or call 866-901-F4CP (3427).

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