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**Twitter templates**

Chiropractic Care Gets Endorsement in Lieu Of New CDC Guidelines (Story URL)

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Why It's Time to Try Chiropractic Care instead of Opioids (Story URL)

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**NewsUSA Social Syndication**

**Title:** An Unknown Threat: What Poor Posture May Be Doing to Your Body  
**Title Tag:** Sit Up Straight! Poor Posture Can Affect Your Body  
**Meta Description:** To celebrate National Correct Posture Month, the Foundation for Chiropractic Progress has tips on how to perfect your posture.



**Content:** Feeling tense and achy? It may be due to poor posture.

While the media is touting warnings about "tech neck" — the neck pain and damage sustained from hunching over smartphones and other devices for too long — you're actually risking harm to your overall health if any other body part becomes misaligned.

That's because, as the American Journal of Pain Management notes, a person's posture affects and moderates every physiological function from breathing to hormonal production.

Yes, every physiological function.

How, you may ask? "Our muscles and ligaments routinely work to balance us as we sit, stand, bend, and sleep," says Sherry McAllister, DC, executive vice president of the not-for-profit Foundation for Chiropractic Progress. "Over time, however, uneven stress causes the body to adapt and change — subsequently, causing aches and pains."

Various factors can contribute to poor posture — including injury, stress, obesity, pregnancy, and weak postural muscles. Chiropractors have been specifically trained, as part of their minimum seven years of higher education, to provide drug-free, hands-on care that helps to naturally align and strengthen the spine, as well as advise on healthy lifestyle habits.

And as far as habits go, in keeping with National Correct Posture Month, the Foundation for Chiropractic Progress is out with tips designed to help you develop smart ways to perfect your posture. Among them:

- Maintain a neutral spine. Meaning, chin up and shoulders pulled back.
- Avoid extended time spent with your head flexed forward.
- Don't cross your legs while seated.

Learn more at [F4CP.com](http://F4CP.com).

**Keywords:** chiropractor, chiropractic care, posture, healthy habits, American Journal of Pain Management, Foundation for Chiropractic Progress, Sherry McAllister, DC, F4CP

\*\*\* Text within two  represents anchor text that will be linked to the web address that follows. \*\*\*