

## Good posture improves looks and health

Most of us know good posture when we see it, and we are inspired by how free and strong it makes a person look. When you were growing up, did your mother constantly urge you to stand up straighter? Although many children ignore their mother's advice, it turns out that good posture can improve your appearance and your health. Life-long slouches should take note of the many benefits that good posture provides.

### Pilates & Good Posture

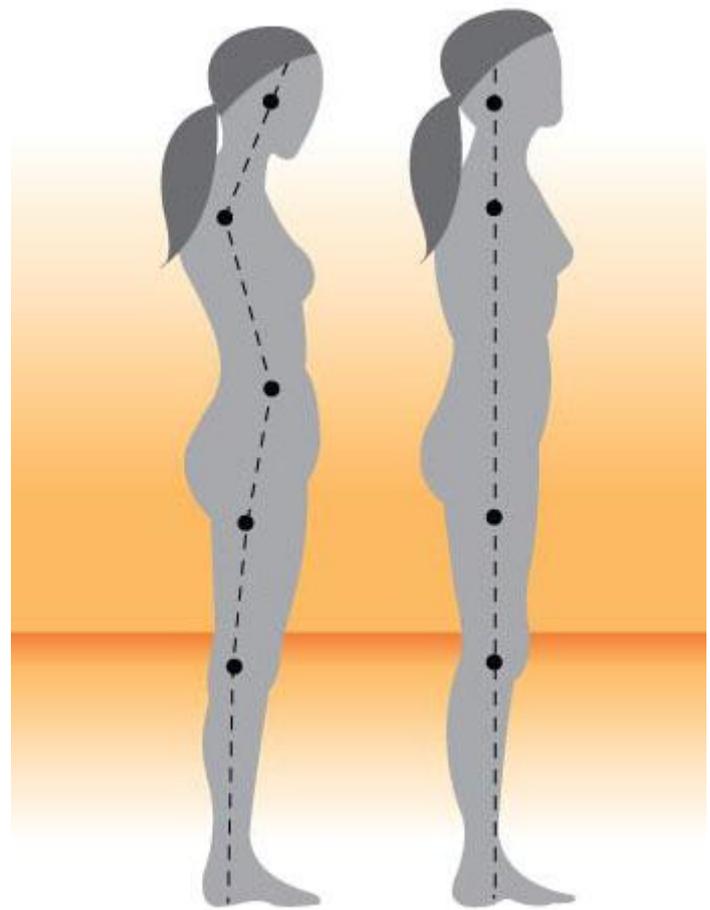
What makes Pilates so important with respect to posture is that Pilates trains us to develop and use core strength, rather than holding our position with superficial musculature. Using the deep core muscles of the powerhouse - the abdominals, back, and pelvic floor - to support our posture allows the shoulders to relax, the neck and head to move freely, and relieves stress on the hips, legs, and feet.

### Posture Benefit #1: Healthier Looks

Pay attention the next time you walk down the street. Find a passer-by that is slouching and compare that person to someone who has excellent posture. Notice that the person with good posture appears more confident and more secure. Standing up straight is a great way to give yourself an extra boost of confidence during an important business meeting or other stressful times.

Next, look at yourself in a mirror. Notice the difference in your own appearance when you are standing up straight and when you are slouching. You will see that standing up straight makes you appear slimmer. This is because as you lengthen your back, you automatically draw your stomach muscles in, creating a longer, leaner body line.

Try to become aware of how your posture affects your appearance. Even when sitting in a chair, good posture is important. Someone who is constantly slouching at work can appear lazy and disengaged, while someone with good posture appears interested and ready to perform.



Poor Posture

Good Posture

Good posture improves looks and health



### **Posture Benefit #2: Chiropractic Strength**

Slouching is not just bad for your appearance; it is also bad for your spine and neck. Poor posture puts strain on your neck and back and can cause painful wear and tear in the joints. In later years, these effects can lead to arthritis or severe back pain. There are many different types of back injuries that are caused or aggravated by poor posture, including slipped discs, constricted blood vessels and nerve damage.

### **Posture Benefit #3: Healthier Organs**

Remember that your body is comprised of many different bones, organs and tissues. When you exhibit good posture, all of your organs are properly aligned, which allows the body to function properly. Poor posture causes the organs to shift out of place and to work extra hard to function. Furthermore, unnatural sitting positions can constrict blood vessels and disrupt the body's blood circulation. If you have ever had your foot fall asleep after tucking it under your seat, you know how painful blood circulation problems can be.

Try to pay attention to your posture throughout the day to ensure that you are standing and sitting up straight. Correcting life-long posture habits is a difficult task, but the health and appearance benefits of good posture make the results well worth the effort.