

10 Exercises to Improve Your Posture Today!

Maintaining good posture has a long list of health benefits. By having good posture you increase lung capacity thus allowing increased oxygenation to all the bodies organs, including the brain. When you have a sufficiently oxygenated brain you can think more clearly, have better mental focus and even increase your basal metabolic rate!

Maintaining good posture can also prevent headache, neck pain, low back pain, arthritis, disc herniations and general muscle pain. Having good posture allows you to use your musculoskeletal system much more efficiently, thus reducing fatigue and muscle pain. In addition, when you practice correct posture, you reduce constriction of nerves and blood vessels thus opening up your body's ability to nourish itself and communicate with itself.

Finally, people with good posture tend to look and feel more confident. People with good posture look slimmer, taller and also tend to project more authority.

So follow these simple exercises daily in order to improve posture, function and health!

1. Chin Tucks: <http://www.youtube.com/watch?v=BU8Bk7VBWUE>

2. Upper Trapezius Stretch: <http://www.youtube.com/watch?v=JLjKIZobAy0>

3. SCM Stretch: <http://www.youtube.com/watch?v=vuRUM30pgCM>

4. Pectoralis Stretch:

1. Find a door frame. Pull your arm back squeezing your shoulder blades together.
2. Place your forearm and elbow on the door frame.
3. Step forward and rotate away from the arm against the door fram in order to increase the chest stretch (pectoral)
4. Repeat with y...our arm higher or lower than original position to stretch different fibers of the same muscle.
5. Repeat on the other side.
6. Do 3 - 4 of these per day



5. Serratus Anterior Punches:

1. Stand straight against a wall with your chest out and shoulder blades squeezed together.
2. Raise your arm straight out and in line with your shoulder.
3. Punch straight forward (as far forward as you can)
- ...4. Repeat with the other arm.
5. Perform 10-15 reps on both sides, 2 - 3 times per day.
6. Make sure you dont punch anyone by mistake :)



6. **Quadrapped Stretch:** http://www.youtube.com/watch?v=VoPCg_bFxLM

7. **Extension Over a Chair:** <http://www.youtube.com/watch?v=JLjKIZobAy0>

8. **Back Extensions / Cobra Pose:** There are two variations to this low back stretch. As illustrated below you can either use your hands or your elbows to support yourself. If you are a beginner to this exercise, start by using your elbow for support and then progress to using your hands for support.



9. **Bird Dog:** http://www.youtube.com/watch?v=bZnLdD7_vk0

10. **Cat Camel:** http://www.youtube.com/watch?v=xEb99jvZN_w