Posture is Dynamic: Get up and Move!

Tips to share with your friends and family:

1. Check in with your sitting posture every 30 min – stack it up! Center the weight of your head and rib cage over your pelvis, keeping the natural curve in the low spine.

2. Stand up & walk 5 min each hour. Get your blood moving to all parts of your body and wake up your core muscles.

3. Move your spine while you are sitting - flex, extend, bend and twist! Movement increases nutrition to your discs for a healthy spine.

Posture Imagery:
- Draw your belly button in toward your spine and out the top of your head.
- Imagine hanging from the crown of your head like a model skeleton.
- Actively create space between your ribs and your hips.
- Take a moment to find your center of gravity and stack your head ribs and hips in line.