

Good posture starts early

Question: Is it true that if I sit up straight while I am younger it will prevent poor posture when I get older?

Answer: The answer is an overwhelming "YES." In times of stronger disciplinary control by parents and teachers it was demanded of children to sit up in their chairs at home and in the classroom.

An actual study was done recently with Belgian school children. The study involved more than 350 9- to 11-year-old children over a 2-year period. The program consisted of lessons on good posture, positive reinforcement from their teachers and the addition of exercise balls and sitting wedges in each class. The students, under the supervision of their teachers, were evaluated with a pre- and post-test that included 10 questions on the content of the lessons, a section on general posture knowledge, and an evaluation of back and neck pain in the previous week. In addition, three children in each class were randomly selected for observation of their posture.

Results showed that students who received back education displayed increased back posture, improved posture, and a decrease in how often they sat with their backs bent forward and necks craned at school.

Are your children aware of the benefits of proper posture and how to achieve it? If you aren't already doing so, now is the time to take them to an expert on appropriate care of their back: your chiropractor.

Your chiropractor can educate you and your children on the essentials of good posture and musculoskeletal health. I am personally available to speak

and give free fun educational classes on posture and spinal health. I speak at many nursery, private and public schools on a regular basis. Please contact our office for references and availability if interested. In the mean time sit up straight and eat your vegetables!

Quote of the week: *“Be as bold as the first person to eat an oyster.”* – Shirley

Chisolm