

“Stand up straight,” posture matters

Question: My mother is constantly harping on me to stand up straight. Does it really matter?

Answer: Yes, it really matters, especially to younger teen-agers going through growth spurts. Besides your mother, chiropractors have been saying this forever. Most people know they should stand up straight, but many never stop to consider why. Good posture should be a habit. Proper posture helps the body function at its optimal level by working against gravity, and giving the body a better sense of strength, flexibility, and overall stability. It's not too late to develop new posture patterns and make them habits with a few simple exercises.

1. Stand tall and proud while holding your shoulders back with ease.
2. Keep your head up and chin tucked in towards the neck.
3. Tighten your stomach muscles while tightening your buttocks muscles simultaneously.
4. Remember to breathe regularly and that good posture is meant to be done with ease and comfort.

Perform posture checks throughout your day and develop an awareness of good posture. Your friends and family will notice an improvement and you will feel better once the habit is adopted.

Quote of the week: *“A man without a purpose is like a ship without a rudder.”* —

Thomas Carlyle

