

Preventing Women's Heart Disease Through Education



CAROL For Heart

Exercise #2: POSTURE

"Stand up straight"

"Don't slouch"

Our parents and grandparents were right - good posture is very important!

It's the perfect place to start this campaign, since many members of our focus group spend a lot of time seated.

Getting started on practicing good posture is so easy, you don't even have to get out of your chair. Sit up tall in the chair with your back away from the back of the seat. Face straight ahead, keeping your neck upright and relaxed. Draw your shoulder blades together to flatten your upper back (the "no slouching" part!). Pull your transverse abdominus (lower abdominal) muscle inward. Exhale slowly. Allow your hands to rest lightly on your lap.

Take a few minutes to sit in this correct postural pose several times a day. If your posture is currently poor, this pose may feel "unnatural" to you at first. But with practice, your back and abdominal muscles will cooperate!

Alaina M. Eichinger • Certified Personal Trainer • Lansdale, PA • In-home training also available
Training sessions available at the Horsham Athletic Club, Horsham, PA • 215-675-4535

For more information, visit us at: www.CarolForHeart.org