



Sit Up Straight!

Whenever I speak to clients about their health and fitness they always focus on diet and exercise, which are obviously very important, but most ignore an even more important element – Posture

Posture has more to do with just standing upright; it can have a huge impact on your health.

Did you know that good posture will enhance your breathing, it which will increase your energy, improve your circulation and massage your inner organs?

It clears out the stale carbon dioxide in your lungs, improves your digestion and oxygenates your brain – all of which help to lower your stress levels.

One of the best benefits about incorporating good posture into your body care programme is that the results are almost instantaneous.

With other elements of health and fitness such as diet or exercise, there is a lag between the time when the exercise is performed or a healthy eating plan is started and actually seeing any results.

Not so with posture - you can realize the benefits right away.

No other element of body care is so quick or apparent.

What can be done to improve posture?

Hopefully you've all adjusted your sitting position whilst reading this, if not then sit up straight now!

Long hours spent slouching in front of a computer or television and improper alignment while driving, play havoc with your posture.

This causes neck, back and shoulder pain, headaches and fatigue, because it loads a lot of extra weight onto your muscles, ligaments and joints.

Bad posture also accelerates the aging process by compressing the body's organs, which leads to less blood and therefore less oxygen flowing to all of your organs. Less oxygen means organs function poorly and cannot repair themselves.

A growing number of medical complaints may be solved by simple posture improvements. Doctors are seeing increased numbers of posture-related health problems, but convincing patients that poor posture is the cause of their debilitating migraines or excruciating back pain can be tough.

So the moral of the story is improve your posture and you will improve your health.

How's your posture?

If you'd like more information on exercise or stretch programmes to improve your posture, then contact us at the studio, or book in for your free posture assessment.

<http://aayou.co.uk/contactus.aspx>