

DID YOU KNOW...

that your posture can affect your overall health?



As children, we learn early on that posture is important, but generally never fully understand its role in our health, what causes poor posture or how to positively influence it. Let's start with a simple definition from the Merriam-Webster dictionary, which defines posture as "the position or bearing of the body whether characteristic or assumed for a special purpose."

Let's focus for just a moment on the characteristic aspect of posture, the basic form we take while standing or walking. The human body is designed to stand with the eyes level with the horizontal plane of the Earth. Viewed from the front, the shoulders and hips are level and the spine is vertical. From the side view, the ear is over the shoulder, the shoulder is over the hip and the hip is over the knee, which is over the ankle.

Good posture does a whole lot more than just allow you to stand and walk tall. It's a full-body improvement that benefits you from head to toe.

Benefits of Good Posture:

- Joint mobility
- Injury prevention
- Improved balance
- Overall wellness

Consequences of Poor Posture:

- Muscle tension
- Pain
- Fatigue
- Degenerative arthritis

For more information visit
www.toyourhealth.com/mpacms/tyh/article.php?id=1152