



The Posture Saver!

Save Your Posture with Posture Breaks



Gravity is constantly pressing down on your body, causing you to “slouch” or flex forward. So many of the habits that we have are “flexor dominant” further reinforcing poor posture habits.

Flexor dominant posture habits include: looking down at your smartphone, Ipad, or computer, looking down while reading, looking down while doing homework, and sitting with slouched posture while watching television.

When gravity pulls the body into Flexor Dominance you see your children (or you!) have a C-Shaped spinal curvature where the back and shoulders round forward. The muscles of your chest are tightened, and the muscles that support the spine are weak.

Because gravity is an ever-present force, it is imperative to have proper posture habits to resist postural collapse. The best way to resist the pull of gravity is to have your child perform Posture Breaks every hour of their school day for 30 seconds per hour.

Posture Breaks are the ultimate Posture Saver!

How to Perform Posture Breaks

1. Stand up straight, or sit up straight in your chair
2. Bring your arms out to your sides
3. Press your chest forward
4. Drop your head back
5. Feel a stretch across the front of your chest and open arms
6. Hold the Posture Break position for 30 seconds
7. Close your eyes and focus on taking 5 deep breaths in and out while holding the Posture Break
8. Return to your school assignment feeling more upright, open, and focused

