



LIFESTYLE POSTURE HABITS

Video: <https://api.americanpostureinstitute.com/Lifestyle-Posture-Habits-and-Guide>

POSTURE HABIT RE-EDUCATION TO REDUCE
STRESS AND STRAIN TO YOUR BODY!

Dr. Nate Burdash Proactive Healthcare
(651) 778-0080 www.proactivemn.com

Lifestyle Posture Habits supplement the Posture Switch Routine.

Discover small shifts you can make to your daily habits to live with better posture and be healthier.

Proper posture is the key to preventing your back pain from coming back day after day, month after month, and year after year! Adapt these small changes to make a big difference with how you look, feel and move.

For best results with your 10 Years Back Program, integrate the Lifestyle Posture Habits with the Posture Switch Routine. As always, consistency is key!

You have had your posture for many years before today. It is impossible to re-train your posture overnight. It takes consistent attention to your posture to get a breakthrough transformation.

Here are your Lifestyle Posture Solutions!



There are many causes of Postural Collapse, resulting in a slouched, flexed forward or imbalanced posture. Gravity is constantly pulling down on your body. Unless you are consciously aware of your posture, and have proper posture habits in place, chances are you are seated and slouched right now!

Some of the most common causes of poor posture include the following:

- Improper Sitting
- Improper Standing
- Poor Tech Posture
- Poor Ergonomic Design
- Poor Sleeping Posture
- Poor Shoe Selection
- Carrying Bags that are Too Heavy
- Sedentary, Sustained Postures instead of Active Posture

AVOID TECH NECK POSTURE



Your posture impacts many aspects of your life. With proper posture you can look better, feel better, and move better in an instant. Plus, proper posture helps you maintain a good mood, have a better body image, and feel more lively and energetic. Proper posture is a keystone habit of better health and lifelong vitality.

Not only does poor posture add additional stress and strain to your joints, but it can also make you feel more depressed and in a poor mood.

Think about the words “Depressed” and “Uplifted.” When you are depressed mentally, you can see it physically. You feel like you have the “weight of the world on your shoulders” depressing you down into a closed, slouched posture.

Now think about how you feel when you are “uplifted.” Your spirits are lifted, your mood is better, your body image is more confident, and you stand taller with an open, uplifted posture.

Your postural presentation is a representation of your mental and physical state. What posture do you embody right now?

Do you want your family, friends, and colleagues to see you as depressed, closed off, and in a sick posture? Or do you want them to view you as confident, happy, healthy, and uplifted?

It's an obvious choice. With these Lifestyle Posture Habits you can embody your best posture and be happy and healthy.

WHICH POSTURE WOULD YOU RATHER HAVE?

The Posture of:

- A Bad Mood
- Depression
- Lethargy
- Sickness
- Weakness
- Negative Body Image
- Poor Breathing
- Pain



The Posture of:

- A Good Mood
- Happiness
- Energy
- Health
- Strength
- Positive Body Image
- Better Breathing
- Pain Free



To make lifestyle posture changes you must be consistent. Set yourself up for success with a Posture Reminder. A Posture Reminder can be a bracelet that you wear, stickers that you put up, an alarm on your phone, or a sensor that you wear.

The purpose of the Posture Reminder is that when you see it, you are reminded to be mindful of your posture position. You want your Posture Reminder to be worn, or in a place where you spend the most time each day, for example your desk at work.

**WHEN YOU SEE THE POSTURE REMINDER,
QUICKLY CORRECT YOUR POSTURE!**



Proper Seated Posture

- Sit up straight with your ears aligned over your shoulders, your shoulders aligned over your hips, your knees at a 90 degree angle, and your knees aligned over your ankles with your feet pointed forward
- Pull your head up so your eyes are parallel with the ground, retract your head back so your ears are aligned over your shoulders
- Engage your core muscles, keep your chest up, and your shoulders and head back
- Avoid slouching forward in your chair with a C-shaped spinal curvature
- Avoid sitting low in your chair with your hips forward

INCORRECT SEATED POSTURE



CORRECT SEATED POSTURE



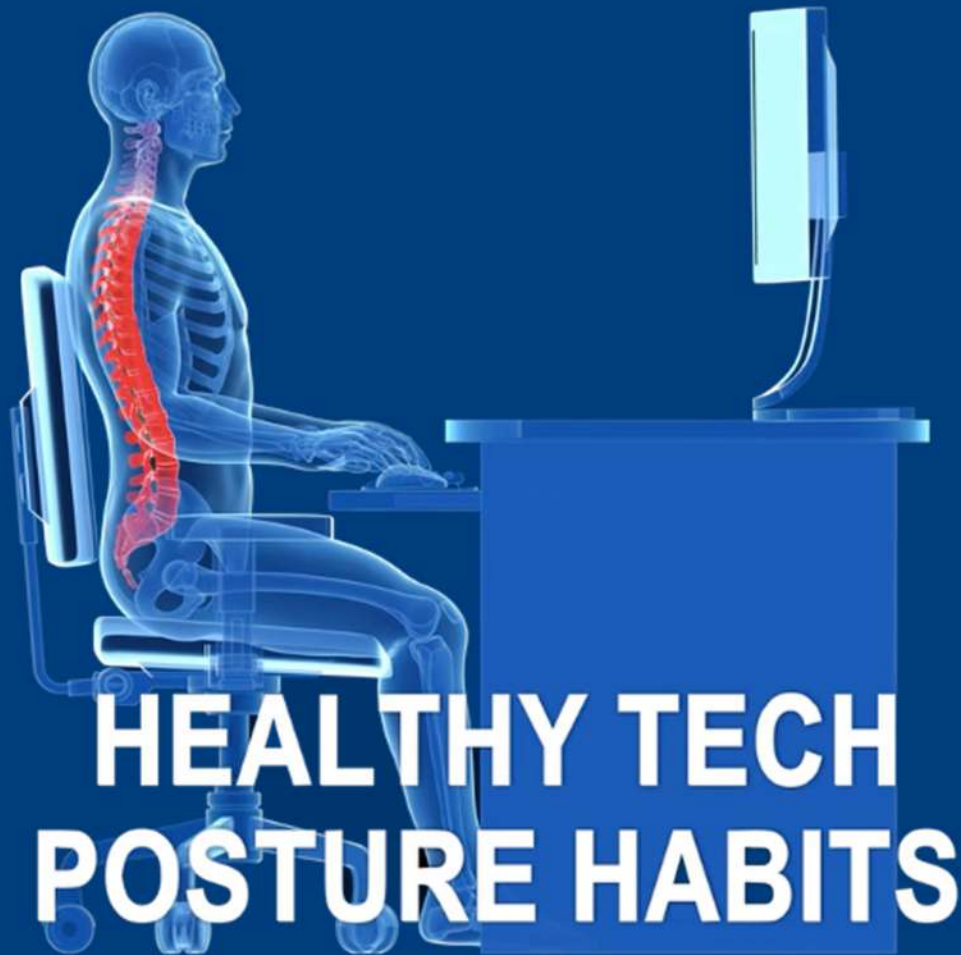
Proper Standing Posture

- Stand up straight with your ears aligned over your shoulders, your shoulders aligned over your hips, your hips over your knees, and your knees over your ankles with your feet pointed forward
- Keep your shoulders back and your chest forward
- Pull your head up so your eyes are parallel with the ground, retract your head back so your ears are aligned over your shoulders
- Engage your core muscles to properly align your hips and lower back
- Distribute your weight evenly over each leg
- Avoid shifting your weight to one side or the other



Proper Tech Posture

- While holding your cell phone, pull your elbows in close to your sides, resting your elbows on your body. Bring your cell phone up so it is at eye level instead of bending your neck forward and down
- While on your computer, bring your monitor up to eye level to avoid looking down in slouched forward posture
- Avoid Tech Neck Posture!



Active Workspace

- Stay active during your workday with an active workspace
- Get a stand-capable desk where you can work from a seated or standing position
- Try to follow this ratio of standing to sitting 3:1 the amount of time you are at work
- Sit on an exercise ball or Posture Cushion while seated
- Perform balance exercises while standing at work
- Walk and talk when you are on your phone
- Park far away in the parking lot and always take the stairs
- Perform ankle and wrist circles at your desk for mobility



Take Frequent Posture Breaks

- Take a 30-Second Posture Break every hour of your work day
- Sit or stand up straight
- Push your chest forward, bring your arms open and out to the sides, and drop your head back
- Pull your shoulder blades together
- Hold the position while taking deep breaths for 30 seconds
- Avoid slouching after your Posture Break



OFFSET THE FORCE OF GRAVITY



Ergonomic Essentials

- Integrate Active Workspace solutions
- Place your computer on your desk where your monitor is at eye level
- Keep your wrists in a neutral position and supported on your keyboard while typing
- Place the most commonly used items within an arm's reach away
- Ensure adequate clearance for full range of motion in your workplace
- Reduce excess noise pollution
- Ensure adequate lighting and reduce glare
- Wear protective clothing, a helmet, ear, and eyewear if necessary
- Avoid excessive fans
- Keep the environment at a comfortable temperature
- Avoid sharp and uneven edges



Supportive Shoes

- Wear shoes that support good posture
- Ensure your shoes have adequate arch support
- Avoid stiletto high heels
- If wearing high heels, wear wide based and lower heels
- Make sure your shoes aren't too tight and fit comfortably
- Tie your shoes



SUPPORTIVE SHOES



Better Backpack and Purse Posture

- Do not carry more than 10% of your body weight in a backpack or purse
- For Backpacks, place the heaviest items (such as textbooks) closer to your spine
- Wear the backpack over both shoulders instead of hanging to one side
- Tighten the backpack straps so it doesn't hang too low
- If wearing a purse with a long strap, drape it over the opposite shoulder

INCORRECT BACKPACK POSTURE

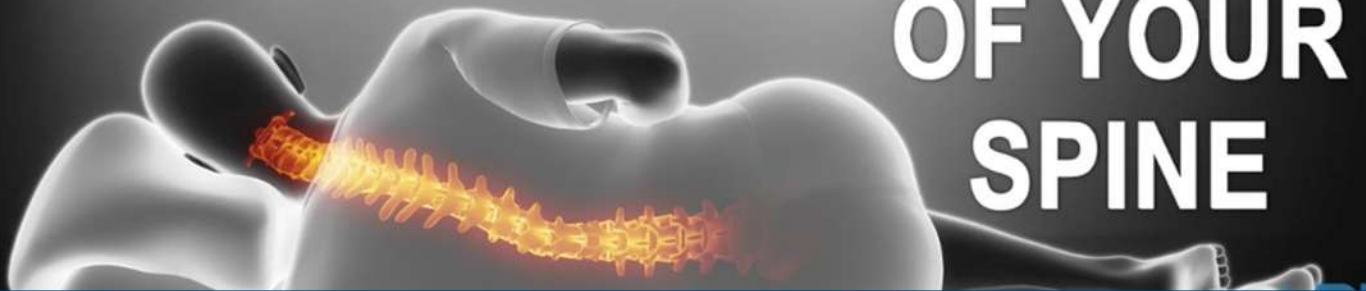
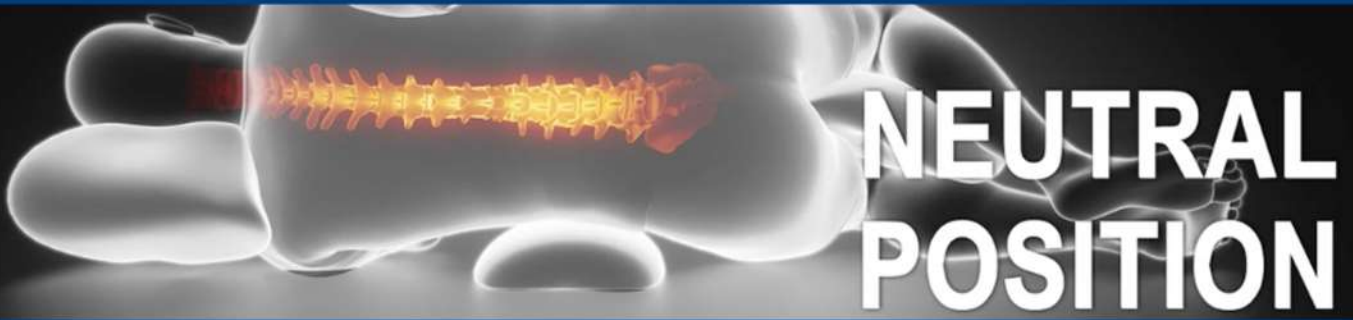


CORRECT BACKPACK POSTURE



Smart Sleeping Posture

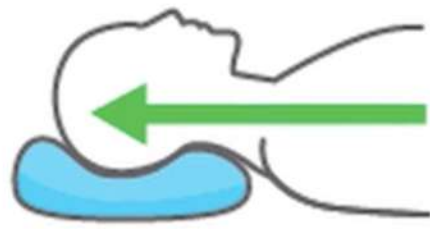
- Sleep on your back or your side
- Make sure your pillow is not too flat and not too fluffy
- Keep your spine in a neutral position
- While sleeping on your back place a small pillow underneath your legs
- Avoid twisting your spine
- While sleeping on your side place a small pillow between your legs to keep your hips level



Normal Pillow



Healthy Pillow



NEUTRAL NECK POSITION

