Why is good posture important for your health?

Having good posture is not just about the way you look. Having properly aligned bones, joints and ligaments...

- Decreases chance of injury
- Increases balance (Hsu, 2014)
- Prevents fatigue, tight, achy muscles, and joint stiffness and pain
- Keeps vital organs in alignment for proper functioning (Kado, 2009)

“"If a muscle is weak, it will allow poor posture because it can’t do the job to hold you in an efficient position” (Singer, 2015)

Muscle strength plays and important role in improving and maintaining good posture. While it is important to maintain balanced physical strength throughout the body it is especially essential in the core, lower back and upper back.

Exercises to strengthen postural muscles:

- Reverse Fly
- Back Extension
- Plank
- Modified Superman
- Plank
- Plank