



At some point in your life I am sure that someone has told you at least once before to... sit up straight, don't slouch, shoulders back etc. But Why? What is so important about posture? Are there any health risks associated with poor posture? And what can we do to correct and maintain this proper position? This article will focus on all of these areas, outlining how correct posture is so important in maintaining a healthy lifestyle.

WHAT IS "CORRECT" POSTURE?

The back is a very complex structure, made up of your spinal column, muscles, ligaments, joints, nerves, arteries and veins. The spinal column is composed of 33 individual vertebrae that provide the main supporting structure for your body to stand upright, and perform tasks such as bending and twisting.

Within the spine there are 3 main functional curvatures, slight forward curve at the base of the neck, slight backwards curve between the shoulders and a forward curve in the low back. These curves are important to distribute body weight, and the force of gravity evenly throughout the spine. Any distortion to this fundamental structure places undesired strain on the vertebrae, muscles and ligaments that aid in movement and the support of our back.

Basically, having good posture means that all segments of the body are balanced, supported and in alignment with its neighboring part(s). With proper posture it should be possible to make a straight line from earlobe, through the shoulder, hip, knee and middle of the ankle. But, throughout the day we find ourselves doing many different activities, and in many different positions that we are not always mindful of our body.

Clinic News & Events

TRUE MENTALITY BOOTCAMP FALL SERIES REGISTRATION AT BODY MOVEMENT THERAPEUTICS

Body Movement Therapeutics will be hosting True Mentality's Early Registration for "FALL 10 WEEK SUCCESS CHALLENGE" on WEDNESDAY, AUGUST 29TH from 5:30-7pm. Arrive Early to reserve your spot, Spaces Limited!

END OF SUMMER REFERRAL PROMO 1 MONTH ONLY!!

Refer a friend or family member for a Massage Therapy appt. with Heather Rutherford, Massage Therapist & Sports Injury Therapist- Receive your next 60min Treatment for \$65!
(20% SAVINGS)

BODY MOVEMENT AT THE LEATHERTOWN FESTIVAL



Thanks to everyone who visited our booth at the Festival in August! We had a great time educating people on the science to maintaining a healthy lifestyle.

EXAMPLES OF POOR POSTURE

- *Slumping forward in chair
- *Shoulders hunched forward
- *Head/Neck protruding forward
- *Sliding forward on the edge chair
- *Excessive arching of low back
- *Knees locked (no bend at the knee)



Not maintaining good posture over time can lead to many health problems involving our organs, muscles, ligaments and joints. It is a major cause of neck & back pain, fatigue and tension headaches.

DID YOU KNOW? *Stooped or hunched posture can put pressure on your internal organs. This interferes with their efficiency and function.*

TIPS TO CORRECTING POOR POSTURE

- *Identify the areas that need improvement by examining your own posture throughout daily activities, such as standing, sitting, carry objects etc.
- *When sitting in a chair, the back must be aligned against the back of the chair, elbows at about 90° and feet flat on the floor
- *Stand up straight and tall, with shoulders upright
- *Keep feet about shoulder width apart when standing
- *Avoid pushing head forward i.e. head up and eyes forward

BACK & NECK: STRETCHING & EXERCISES TO REINFORCE CORRECT POSTURE

**With all stretching, practice diaphragmatic breathing and upon exhale relax further into stretch*

NECK STRETCHES

3x30secs/day



CHEST STRETCH

3x30secs/day (90° & 120°)



SHOULDER ROLL

10x30sec/day



**Squeeze between
Shoulder blades*

BENT OVER DUMBBELL ROW

-Target-between shoulder blades

-3 sets of 10/day



I'S & T'S

-Target-middle back

-3 sets of 10 each exercise/day



PLANK

-Target-Core

-Begin with 30secs



For more information, a complete postural assessment, feedback & treatment, or demonstrations of any of the above exercises please contact Body Movement Therapeutics, at (519)-853-1200. Let us help you maintain proper posture and stay injury FREE!



NEW LOCATION!

OPEN HOUSE

TRUE MENTALITY IS HAPPY TO ANNOUNCE THE OPENING OF ITS OWN FUNCTIONAL TRAINING FACILITY

JOIN US ON: SUNDAY SEPT. 9TH 12-4

WHERE: 405 INDUSTRIAL DR. UNIT 1, MILTON

PROTEIN SMOOTHIES, GIVEAWAYS, SPECIALS AND MUCH MORE!

JOIN THE TRUE TEAM AND REGISTER TODAY! VISIT ONLINE FOR MORE INFORMATION @

WWW.TRUEMENTALITY.CA

BUILD... STRENGTH • ENDURANCE • CONFIDENCE

NEW SERIES!

10 WEEK SUCCESS CHALLENGE

REGISTRATION IS NOW OPEN FOR FALL SERIES, 10 WEEK "TRUE SUCCESS" CHALLENGE!"

REGISTRATION: WED. AUG. 29TH

5:30-7PM, BODY MOVEMENT THERAPEUTICS, 15 WILLOW ST. S. ACTON (519)853-1200 OR REGISTER ONLINE!

BEGINNER & INTERMEDIATE/ADVANCED CLASSES OFFERED!