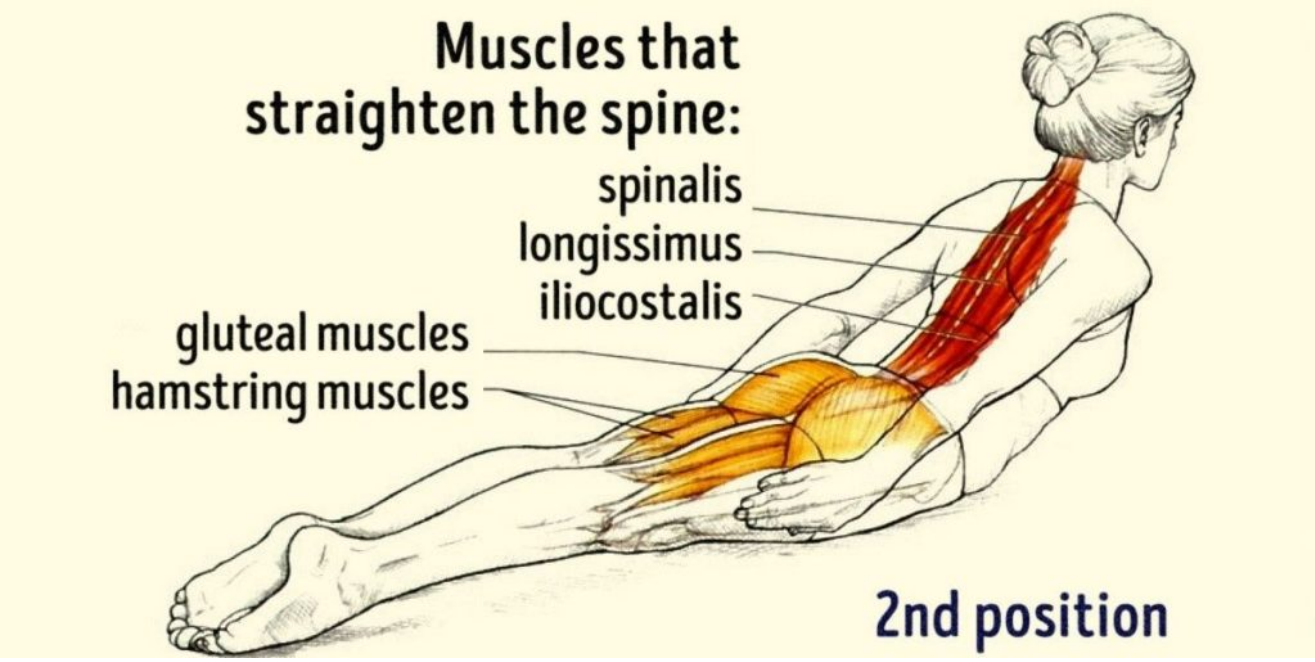
HEALTHY TIPS

Doing this Exercise 3 Times a Week Will Improve Your Posture in no Time

By bestfolkmedicine · 03/07/2018 · 2 min read



Nowadays, a lot of people have problems with poor posture because we are living in a world which is full of activities causing it. Poor posture, also known as postural dysfunction, develops when the spine is being placed in unnatural positions for a prolonged period of time.

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Most Common Causes of Poor Posture

- Failing to understand proper posture
- Slouching while sitting in a chair

- Back hunching
- Lack of physical activity
- Low core stability
- Looking at your phone or computer for a long part of the day

The Importance of Fixing Your Posture

Bad posture makes you look unhealthy and less attractive, as seen on Life Hack. What's more, it contributes to other health issues and tiredness. On the other hand, good posture will better your health, help you enhance your mood and communicate better, and look younger, more vibrant, and attractive!

Defining Your Posture

1. **Good posture**

Straight line from the ear to the shoulder to the hip and balanced and upright

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2. **Poor posture**

The shoulders are forward and rounded, the body slouched, the heat tilted forward, the knees bent, and you also have a pot belly

The Best Exercise to Improve Your Posture

If you have been feeling unsatisfied with your posture, implement this exercise to your daily routine and feel the benefits right away!

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Superman Exercise: How It Is Done

This exercise is often a part of different types of trainings and it is great in alleviating back and spine discomfort and enhancing your posture. If you spend a large part of the day sitting, this is the ideal exercise for you!

Lie down with the stomach on your exercise mat and make sure your hands are straightened and placed parallel to the body. The palms need to be tight and kept against the thighs. The legs need to be put together, with the toes mildly drawn. Then, breathe out; lift the head, chest, and the upper part of the abdomen while keeping the legs and arms in place. Breathe in and then return to the primary position. Do 10 repetitions per day for optimal effect.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

If you want to learn more about this exercise, do not forget to check out the following video:

Sources:

LIFE HACK & HEALING LIFE IS NATURAL

Read online: https://bestfolkmedicine.com/2018/07/doing-exercise-3-week-improve-posture/

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