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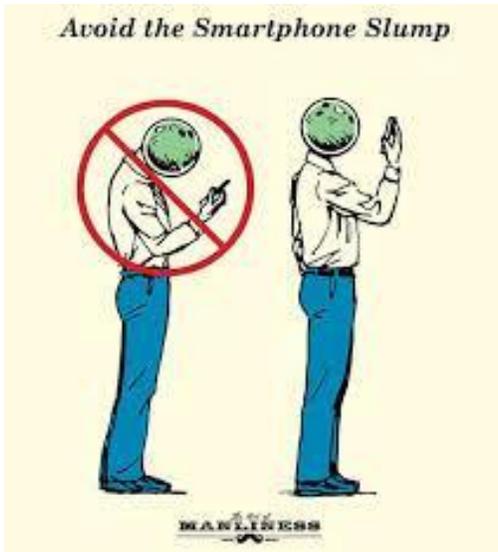
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The information is not intended as a substitute for professional medical input or action. This program and information relating to it are not intended to diagnose, treat, cure, or prevent any disease or injury. I (the user of this document) understand that exercise has inherent risks. Any exercises that I partake in this guide for a better posture, I partake in with the full knowledge of the inherent risks, including serious bodily injury. If I am unfamiliar with any exercise and unsure of the proper technique, I will seek supervised guidance from a qualified coach.

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ZERO TO POSTURE

Say Goodbye to Back Pain



Striving for good posture in all areas of your life can enhance your career, style, and health.

You project a confident image through good body posture

After reading this guide, you will:

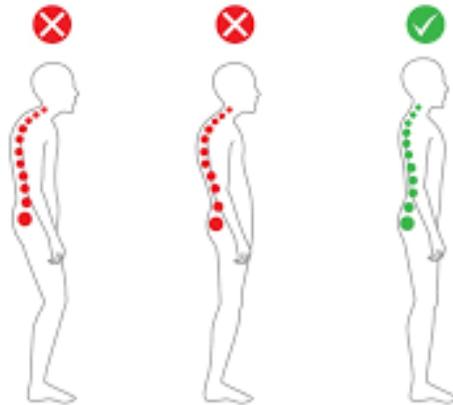
- ✓ Understand how important good posture is to your overall well-being
- ✓ Understanding and analyzing your posture
- ✓ Daily routines to improve your posture
- ✓ Exercise guide to improve your posture
- ✓ Help you choose the correct pillow
- ✓ How your nutritional habits affect your posture

The Spine is the foundation and support of your body. The natural position of the spine guarantees the efficiency of movement and interaction of the related elements.

Your internal organs are all right alongside the spine and depend on their correct position to function well. Any prolonged restriction or deviation from the natural position will result in some or partial dysfunction and over a long time, the results can be devastating.

What is the importance of having a good posture?

Good posture is important to your overall health and offers a variety of benefits including reduced back pain, increased energy, and greater confidence. Having good posture is important to your overall health, as it can help you avoid muscle tension, pain, fatigue, and many other common ailments and medical conditions.



How does posture affect overall health?

The complications of poor posture include back pain, spinal dysfunction, joint degeneration, rounded shoulders, and a potbelly.

Suggestions to improve your posture include regular exercise and stretching, ergonomic furniture, and paying attention to the way your body feels.

What is good posture FOR YOU?



What is good posture? Posture is how you sit or stand. Good posture positions the body correctly and makes sure your weight is evenly balanced.

This means that the skeleton, muscles, and ligaments aren't overstretched or strained. A significant aspect of maintaining good posture is being mindful of your posture throughout the day.

This includes consciously checking and correcting your posture during various activities, such as sitting at your desk, standing in a queue, or even walking. Keeping a mental note of your posture can contribute to long-term habits of maintaining a good stance.

Remember, training your body to maintain good posture takes time and consistency. However, the benefits it provides, including reducing the risk of back and neck pain and contributing to an overall healthier lifestyle, make it worth the effort.

Good Posture Reduces Back And Neck Pain



The proper alignment of your spine allows you to move easily so that your body supports your weight without strain. Poor posture can place stress on your tendons, muscles, and ligaments, leading to neck and back pain.

If you suffer from neck and back pain, it may surprise you to know that improving your posture may go a long way in easing your symptoms.

Good posture ensures that your body weight is distributed evenly across your skeletal structure, reducing the strain on your muscles and joints

Poor Posture Impacts Digestion



Your posture significantly impacts your digestion by influencing the functionality of your stomach muscles. When you slouch or hunch over, your abdominal muscles are constricted, thereby impeding the natural rhythm and process of digestion

Maintaining good posture is not just beneficial for the health of your back and neck, but also for efficient and comfortable digestion.

If you notice that you get heartburn when slouching, something as simple as sitting up straight may bring relief.

Good Posture improves muscle and joint function, maintaining good posture is key to improved muscle strength and overall physical health. It involves the optimum use of your muscles, including leg muscles, and prevents unnecessary muscle tension.

One way good posture achieves this is by promoting efficient muscle contraction, which is vital for muscle strength and endurance.

When standing or sitting in a correct posture, your leg muscles are actively engaged, supporting your body's weight and maintaining balance.

Proper Posture Boosts Mood



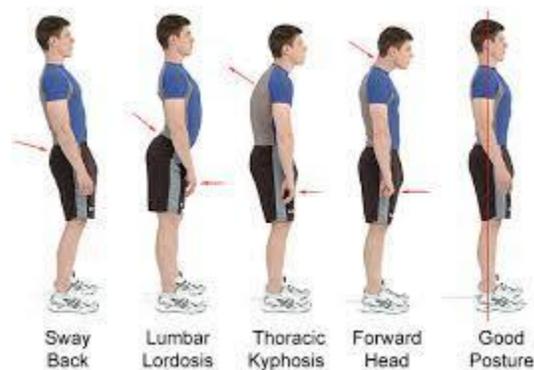
When you think about factors that can improve your mood, posture likely isn't the first thing to come to mind.

Look at it this way: Your brain and body have two-way communication, meaning that your mood can impact your posture and your posture can affect your mood.

When you're happy, you may notice that you sit upright, and when you're feeling down, you're more likely to slouch or sit in a slumped position.

The next time you notice your mood sinking, try changing your posture; stand up straight, and take deep breaths. You may notice a gentle boost in mood after doing so.

Proper Posture Improves Spine Health



Maintaining good posture is crucial for a healthy spine. By practicing better posture, you provide vital back support, especially if you spend long hours sitting or standing.

Proper alignment improves blood flow, promotes the well-being of nerves and blood vessels, and supports muscles, ligaments, and tendons. Those who prioritize good posture are less likely to experience back and neck pain.

How do you understand posture?

Posture is how you hold your body. There are two types: Dynamic posture is how you hold yourself when you are moving, like when you are walking, running, or bending over to pick up something.

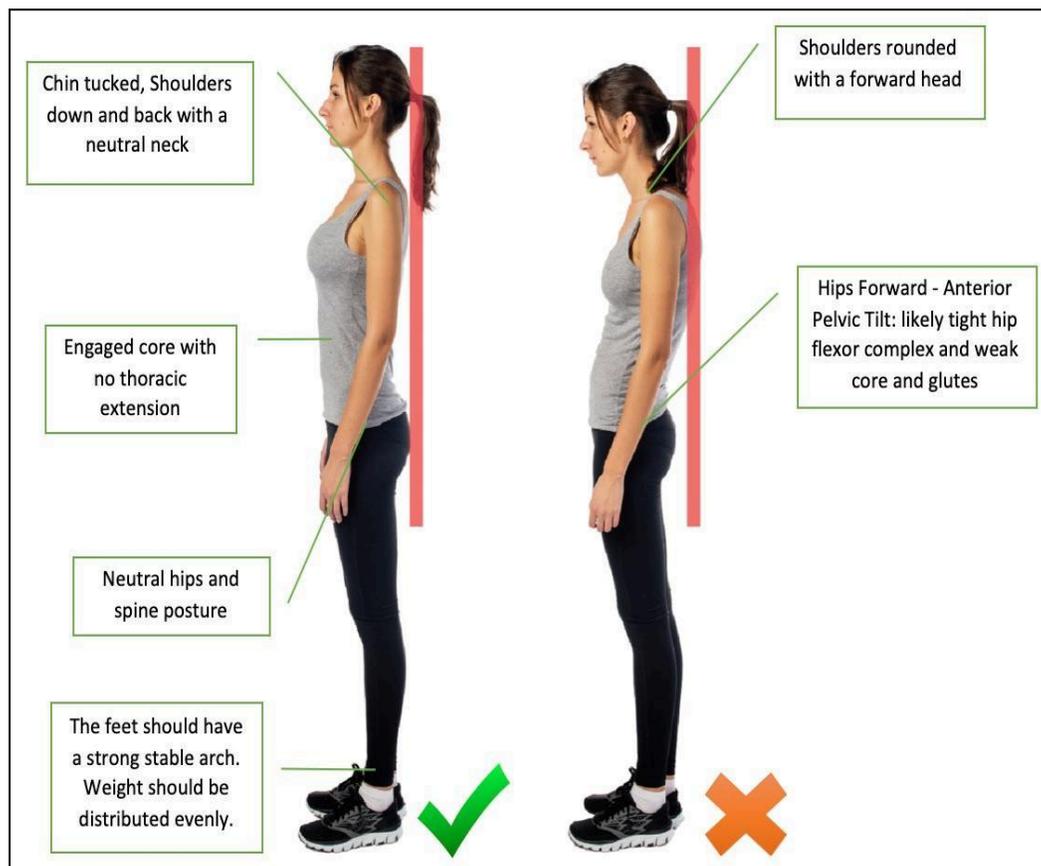
Static posture is how you hold yourself when you are not moving, like when you are sitting, standing, or sleeping. You should aim to put your body in a position of power.

When the human movement system is in proper alignment, stress is minimized on the tissues, muscles can produce force efficiently, breathing, and circulation of bodily fluids is optimal.

To put it simply, the body can function at its best! The desired position we all seek to achieve is referred to as 'neutral'. It is the natural resting harmony of our joints. How the body comes to rest is important.

Posture can help us understand movement and plays a huge role in our nonverbal communication.

Take a look at the difference below.



What should you look for? Posture Checklist

- Set the arch of the foot so your weight is evenly distributed
- Align the second and third toe with the knees
- Hips should be neutral with your rib cage tucked down
- Natural spine – avoid hunching, extension, and reaching
- The shoulders should be drawn down and back
- Center your head on the shoulders
- The chin should be tucked – not up or down, but right in the middle
- Keep your eyes forward

- The following tips may reduce your risk of developing back pain or impairment over time:
- Move! Movement is the best medicine for your spine.
- Maintain the natural curve in your back as much as possible, especially when lifting or sitting.
- Exercise regularly to promote overall musculoskeletal strength and endurance, enhance cardiorespiratory fitness, improve body composition, and maintain flexibility.
- Sleep, nutrition, and recovery are critical to a healthy back! Purchase a supportive mattress and pillows if necessary.
- Use equipment to help ease back stress. Bags and backpacks allow you to maintain balance and center the load close to the body. Avoid carrying heavy loads in backpacks.
- Alter your position frequently for prolonged standing and sitting, by:
 - Resting your foot on a step while standing.
 - Standing up from time to time to prevent prolonged sitting.
 - Taking breaks during long drives.
 - Remove your wallet from your back pocket while sitting.

Daily routines to improve your posture

START POINT

FINISH POINT

1.

2.



What should I do every day for better posture?

Stretch gently and try to bring your shoulder blades together(2). Hold for 30 seconds and release.

Repeat 5-10 times a day and you will begin to feel the tension ease off over time.

Exercise #2: Place your back against a wall with your arms out to your sides, elbows bent and fingers pointing toward the ceiling. (1)

Can you correct years of bad posture?

Even if your posture has been a problem for years, it's possible to make improvements.

Rounded shoulders and a hunched stance may seem like they're set in stone by the time we reach a certain age, and you may feel you've missed the boat for better posture. But there's a good chance you can still stand up taller.

Know how to improve your posture

How can I improve my posture in general?

- Be mindful of your posture during everyday activities, like watching television, washing dishes, or walking.
- Stay active. Any kind of exercise may help improve your posture, but certain types of exercises can be especially helpful. They include yoga, tai chi, and other classes that focus on body awareness.
- It is also a good idea to do exercises that strengthen your core (muscles around your back, abdomen, and pelvis). Maintain a healthy weight.
- Extra weight can weaken your abdominal muscles, cause problems for your pelvis and spine, and contribute to lower back pain. All of these can hurt your posture.

- Wear comfortable, low-heeled shoes. High heels, for example, can throw off your balance and force you to walk differently. This puts more stress on your muscles and harms your posture.
- Make sure work surfaces are at a comfortable height for you, whether you're sitting in front of a computer, making dinner, or eating a meal.

How can I improve my posture when sitting?

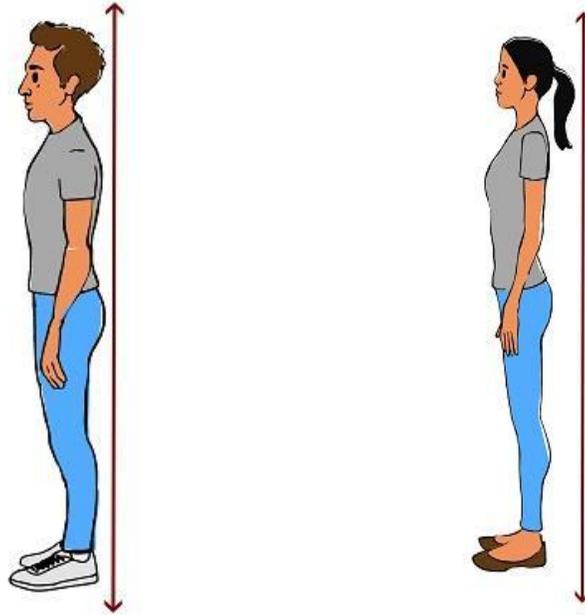
Many Westerners spend a lot of their time sitting - either at work, at school, or at home. It is important to sit properly, and to take frequent breaks:

- Switch sitting positions often
- Take brief walks around your office or home
- Gently stretch your muscles every so often to help relieve muscle tension
- Don't cross your legs; keep your feet on the floor, with your ankles in front of your knees
- Make sure that your feet touch the floor, or if that's not possible, use a footrest
- Relax your shoulders; they should not be rounded or pulled backward
- Keep your elbows in close to your body. They should be bent between 90 and 120 degrees.
- Make sure that your back is fully supported. Use a back pillow or other back support if your chair does not have a backrest that can support your lower back's curve.
- Make sure that your thighs and hips are supported. You should have a well-padded seat, and your thighs and hips should be parallel to the floor.



How can I improve my posture when standing?

- Stand up straight and tall
- Keep your shoulders back
- Pull your stomach in
- Put your weight mostly on the balls of your feet
- Keep your head level
- Let your arms hang down naturally at your sides
- Keep your feet about shoulder-width apart



With practice, you can improve your posture; you will look and feel better.

How many years does it take to correct posture?

If you properly mind your posture, you can fix it within a few weeks. The most important thing is sticking to an exercise routine and maintaining it. Neglecting your posture during the process will increase the time needed to fix the problem. Remember, bad posture is a habit; changing a pattern takes 3-8 weeks.

Guide exercises to improve your posture

As a physical therapist, posture is usually the first thing I look at when I evaluate someone,” I say “It's almost impossible to treat any issue without at some point addressing the position that the person holds their body in all day.

It's fundamental to a lot of different conditions and injuries.”

Any time you're holding your body in a position that's not optimized, you're risking strain and injury.

Regular exercise, either at home or through physical therapy, can strengthen your muscles, improve your sleep, improve your posture, help maintain or improve flexibility and range of motion, and support your overall quality of life.

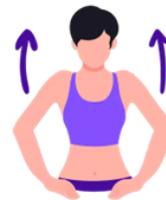
If you experience pain or any discomfort while exercising, stop the exercise and tell your doctor.

13 Simple Spondyloarthritis Exercises for Better Posture



1. Shoulder Raise

- Pull your neck and shoulders back as you stand tall.
- Pull your shoulders up near your ears and hold for 10 seconds.
- Repeat three times.



2. Side Knee Touch

- Stand up tall. Bend to one side, reaching for your knee.
- Hold for 10 seconds.
- Straighten and repeat on the other side.
- Repeat three times.



3. Wide Step Stretch

- With one foot, take a wide step to the side and put your hands on that knee as you slowly bend it. Hold for 10 seconds.
- Straighten and repeat with the other leg.
- Repeat three times.



4. Wide Side Stretch

- Stand with your feet far apart. Lean to one side and put your hands on that thigh as you slowly lower your body. Hold for 10 seconds.
- Straighten and repeat on the other side.
- Repeat three times.



5. Arched Back Stretch

- Get on your hands and knees. Lower your head and arch your back. Hold for 15 seconds.
- Return to the starting position. Push your chest forward and raise your head. Hold for 15 seconds.
- Repeat three times.



6. Arm and Leg Extension

- Get on your hands and knees. Slowly raise your right arm and left leg. Hold for 10 seconds.
- Return to the starting position. Raise your left arm and right leg. Hold for 10 seconds.
- Repeat three times.



7. Arm Opening

- Lie on your side with your knees bent and stacked on top of each other.
- Reach your arms out in front of you with your palms together in a prayer position.
- Lift your top arm toward the ceiling, allowing the top half of your body to rotate.

- Keep your hips facing forward.
- Hold for 10 seconds.
- Repeat three times on each side.



8. Neck Rotation

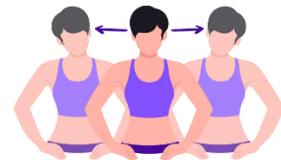
- Sit up straight and look forward. Slowly rotate your neck toward your left shoulder, as far as you can comfortably stretch.
 - Come back to the center.
 - Repeat three times.
 - On the final repetition, hold for five seconds.
- Return to the starting position. Repeat on the right side.



9. Neck Side Flexion

Sit up straight and look forward. Stretch your left ear toward your left shoulder as far as you can without moving your shoulder. Come back to the center. Repeat three times. On the final repetition, hold for five seconds.

Return to the starting position. Repeat on the right side.



10. Neck Retraction

Sit up straight and look forward.

Tuck your chin to your chest so that you feel a stretch at the back of your neck

Hold for 30 seconds. Repeat three times.



11. Neck Downward Flexion

Lower your head to look straight down. Avoid pointing your chin forward.

Place one hand on the back of your head and gently guide your head down further.

Hold for 30 seconds. Repeat three times.



12. Thoracic Spine Rotation

- Sit up straight and look forward. Fold your arms so that each palm is touching the opposite shoulder. Lift your elbows to the same level as your shoulders. Rotate your elbows and neck to the left without moving your pelvis. Come back to the center. Repeat three times. On the final repetition, hold for five seconds.
- Return to the starting position. Follow the same instructions on the right side.

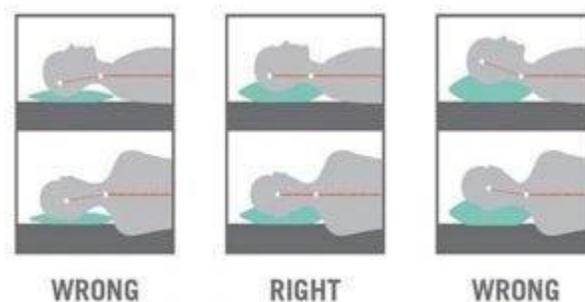


13. Pelvic Tilts

- Lie on your back on a bed or the floor.
- Push your lower back into the bed, bending your knees and planting your feet.
- Placing your weight on your heels, lift your hips straight up and off the floor. Keep your knees in line with your hips.
- Hold for five seconds, then lower your hips and relax. Repeat 10 times.



Help you choose the correct pillow



Good Sleeping Posture Helps Your Back

Most everyone knows that good posture is important. But good posture doesn't apply just to sitting and standing. The muscles and ligaments of your back relax and heal themselves while you sleep. In order to protect your back, good posture is important while sleeping.

Here are some tips to help you sleep better:

Choosing a mattress

Little scientific research exists on which mattress is best for back pain or for maintaining a healthy back. The mattress that's right for you lets you wake up feeling rested and free of pain or soreness.

Unless you have a condition that may need a certain type of mattress, you should choose a mattress that provides support for the natural curves of your spine and is comfortable.

If you sleep with a partner, you should have enough space to move into a comfortable sleeping position. Consider replacing your mattress every 6 to 8 years, according to the National Sleep Foundation.

If you have a back problem, ask your healthcare provider or physical therapist to advise the type of mattress that would be best for you.

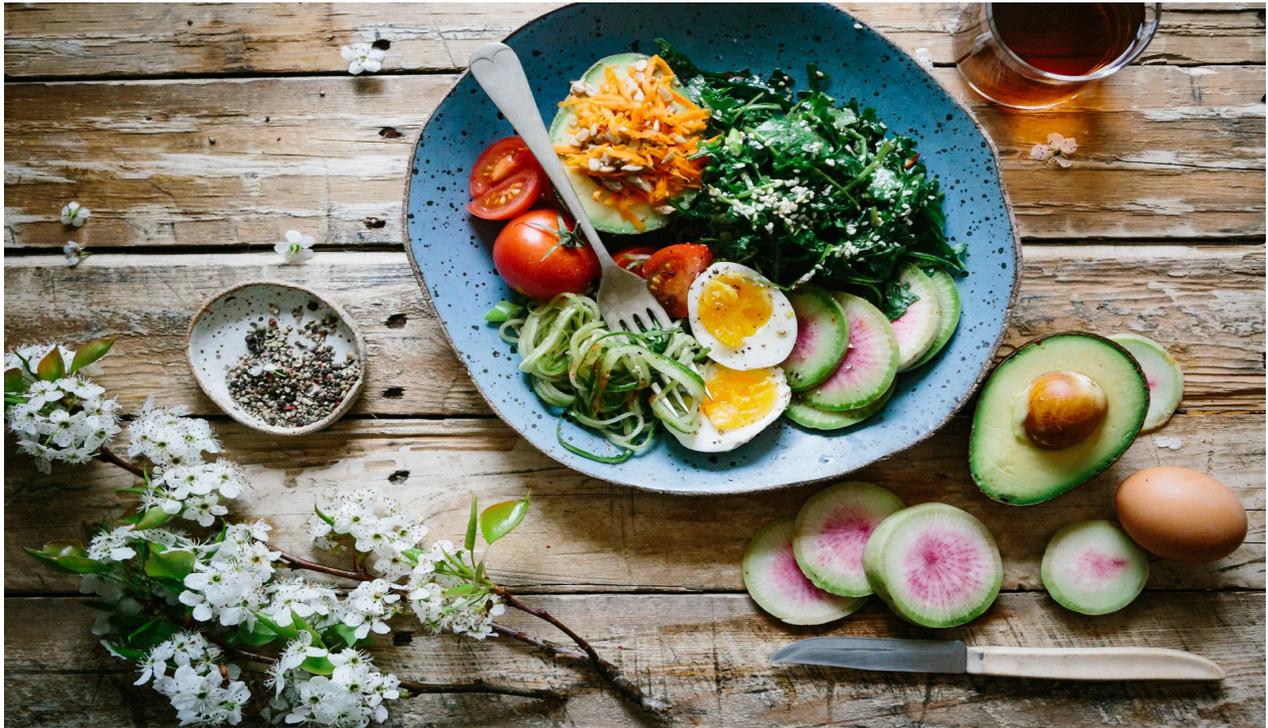
The right pillow

Pillows are not just for your head and neck. Depending on your sleeping position, additional pillows can help keep your spine in the correct position.

The pillow for your head should support the natural curve of your neck and be comfortable. A pillow that's too high can put your neck into a position that causes muscle strain on your back, neck, and shoulders.

Choose a pillow that will keep the neck aligned with the chest and lower back. Your pillow should be adjustable to allow you to sleep in different positions. Replace your pillows every year or so.

How your nutritional habits affect your posture



As mentioned earlier, weight is not the sole factor that influences posture. The nutrients you consume can also have an impact, and deficiencies in certain minerals can affect your posture.

A deficiency in certain minerals can lead to kyphosis, a condition affecting the back. While it can have various potential causes, it is primarily associated with osteoporosis, which weakens and compresses the spinal bones. Additionally, deficiencies in calcium and vitamin D increase the risk of developing osteoporosis.

In addition to weight management, calcium and vitamin D play a vital role in bone growth and development. Vitamin D is crucial for calcium absorption, promoting bone strength, muscle coordination, and stability.

While sun exposure is a good source of vitamin D, it may not provide sufficient amounts. Including sources of vitamin D in your diet is important.

Dairy products, dark green leafy vegetables, saltwater fish, egg yolk, cereals, and liver are all rich sources of calcium and vitamin D. Deficiencies in these nutrients result in reduced muscle and joint strength, affecting overall body support.

Calcium is essential for bone health, and its deficiency can lead to weak bones and joint pain.

Moreover, it can contribute to increased pressure on the lower abdomen, leading to strain and poor posture.

What to Avoid for Good Posture?

Understanding the impact of weight on posture opens up opportunities to learn about the foods to include or avoid. It also provides insights into behavioral activities and habits necessary for maintaining proper posture.

To promote healthy growth and effectively manage your diet and weight, consider the following:

1. Consult a dietitian



Dietitians can provide guidance on the best meals to consume. They can recommend the appropriate amounts of various minerals and their food sources. Additionally, they can advise you on foods to avoid in order to reduce your weight.

2. Reduce reliance on vehicles for short distances



The body benefits greatly from exercise, so try to minimize using vehicles or automated means of transportation for short distances. Instead, incorporate walking into your daily routine.

2. Avoid consuming sugary meals



Meals high in sugar elevate glucose levels, which can contribute to excessive weight gain.

Moreover, excessive sugar consumption has been linked to the development of health problems and obesity. It's also advisable to limit the intake of sugary drinks, including alcohol, caffeine, and coffee.

High sugar intake has also been associated with reduced calcium absorption in the body.

4. Avoid slouching and slumping



It's common to find yourself slumped in front of a screen while watching a movie or television, right?

However, continuous slouching can negatively impact your posture over time. Therefore, it's important to avoid prolonged periods of slouching.

Maintaining a proper diet can significantly contribute to developing good posture. A poor posture can be linked to a subpar diet.

Therefore, in order to achieve good posture, it is essential to maintain a balanced and nutritious diet.

Conclusion

I want to thank you for requesting Zero to Posture guide for better Posture and Mobility.

I hope it effectively guides you on your posture journey and gets you moving well in your daily routine at the gym or home.

Take care,

Eddy

Fitness by Eddy

London, 2024

www.fitnessbyeddy.co.uk

info@fitnessbyeddy.co.uk