

Easy Ways to Improve Your Posture

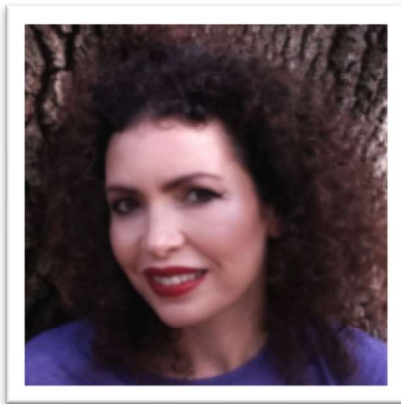
Tami Bulmash

Being mindful of how we use our body is the first step towards improving our health and posture. The answer isn't always what 'to do' to improve our posture, but rather what 'not to do' that adds stress and tension to our body. Namely, what are we 'doing' when we are sitting down? Are we arching our backs? Slouching? When we don't 'do' either of those things, we allow our backs to be in neutral spine, which promotes ease and balance in activity.

Here are some simple tips to improve posture:

- When getting out of bed, roll on your side, push yourself up with your hands, and swing your legs to the floor.
- Bring food up to your mouth when you eat, and not your head down to the food.
- Sit on stools or chairs without back support to strengthen the torso.
- Use a pillow on your lap or books on your desk to prop up electronic devices and computers so you aren't looking down at them. Maintaining eye level promotes balance in activity.
- Try to squat more! Next time you tie your shoe, try it in a squat position!

As you bring these easy practices to your body, notice how it invites more balance



ABOUT THE AUTHOR: Tami Bulmash has devoted the past seventeen years to the study, research, and teaching of the Alexander Technique. She holds undergraduate and graduate degrees rooted in the behavioral sciences, which have helped inform her approach to and understanding of human behavior. Tami has been a certified teacher of the Technique since 2009 and is a member of both the American Society for the Alexander Technique (AmSAT) and the Society of Teachers of the Alexander Technique (STAT). She is also the author of “iPosture: A Closer Look at the Lifestyle Practices of Schoolchildren.” Tami lives and works in Melbourne, Florida.

Tami Bulmash
Body and Posture LLC
bodyandposture.com
tbulmash@yahoo.com
813-534-9219