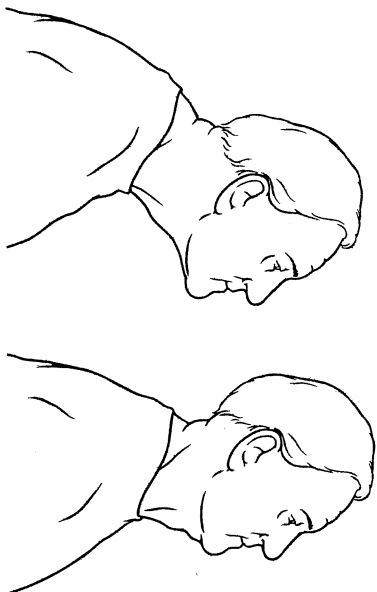


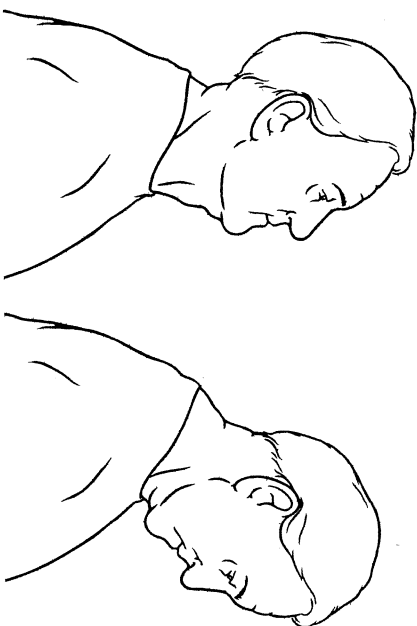
POSTURE - 1 Turtle Jut



Jut chin forward then back in an exaggerated fashion. Return and relax.

Repeat _____ times. Do _____ sessions per day.

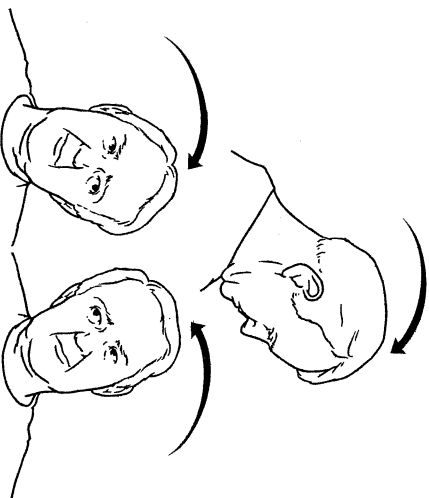
POSTURE - 2 Chin Tuck



Tuck chin in, then down. Hold _____ seconds. Relax.

Repeat _____ times. Do _____ sessions per day.

POSTURE - 3 Head Move



Bend head forward. Return. Now bend head to right, then left. Back to center. Relax.

Repeat _____ times. Do _____ sessions per day.

POSTURE TIPS

DO:

- stand tall and erect
- keep chin tucked in
- keep head and shoulders in alignment
- check posture regularly in mirror or large window
- pull head back against headrest in car seat

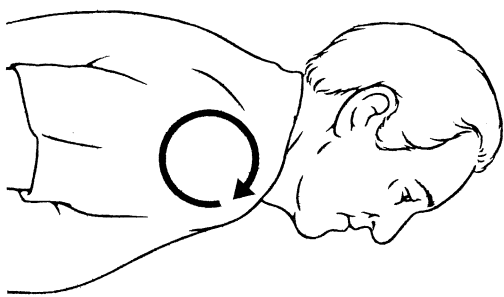
DON'T:

- slouch or slump while watching TV or reading
 - sit, stand or lie in one position for too long
 - believe you are too bent out of shape to change --
- It can be done with practice and a little more effort!

POSTURE - 5 Shoulder Circle Forward

Slowly circle shoulders forward. Relax.

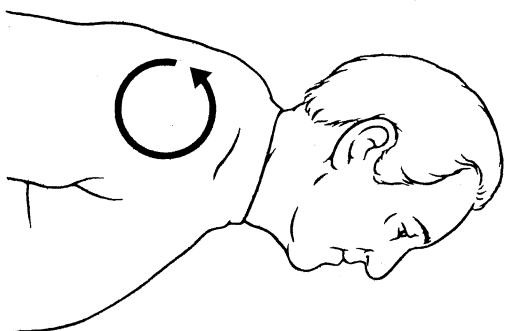
Repeat _____ times.
Do _____ sessions per day.



POSTURE - 6 Shoulder Circle Backward

Slowly circle shoulders backward. Relax.

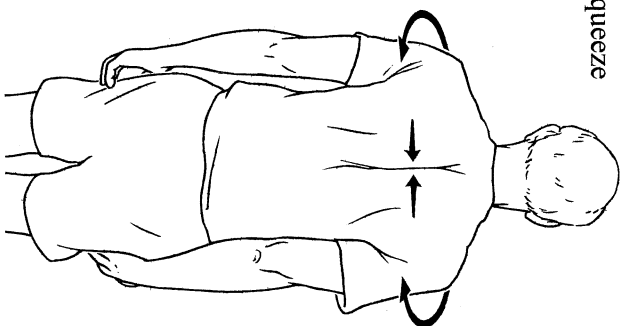
Repeat _____ times.
Do _____ sessions per day.



POSTURE - 7 Shoulder Blade Squeeze

Rotate shoulders back, then squeeze shoulder blades together.

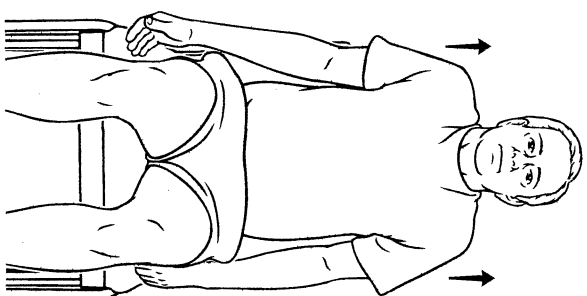
Repeat _____ times.
Do _____ sessions per day.



POSTURE - 4 Shoulder Shrug

Raise shoulders up, then slowly press them down. Relax.

Repeat _____ times.
Do _____ sessions per day.



POSTURE - 11 Using Breaths to Raise the Rib Cage

Inhale while sweeping arms up, raising rib cage and extending spine. Exhale while returning. Keep motion continuous up and down.



Repeat _____ times.
Do _____ sessions per day.

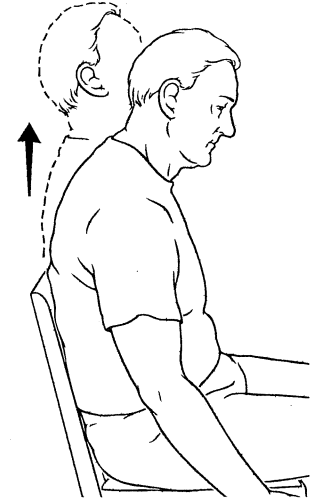
POSTURE - 13 Isolated Spine Extender

Inhale slowly. Exhale while sitting or standing as tall as possible.

Hold _____ seconds, breathing normally.

Relax.

Repeat _____ times.
Do _____ sessions per day.

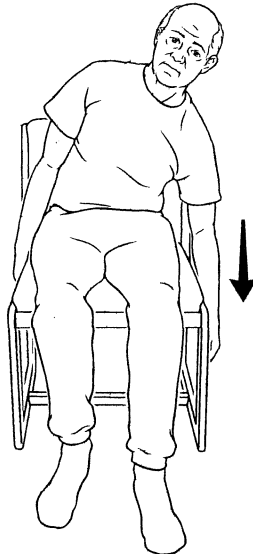


POSTURE - 8 Two-Sided Arm Tilt

Relax upper body and slowly slide arm toward floor.

Repeat exercise to other side.

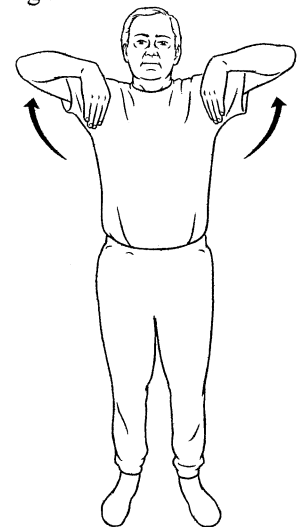
Repeat _____ times.
Do _____ sessions per day.



POSTURE - 14 Upper Body Straightener

Standing or sitting, raise elbows to ear level, pulling shoulder blades together. Keep hands in front of body.

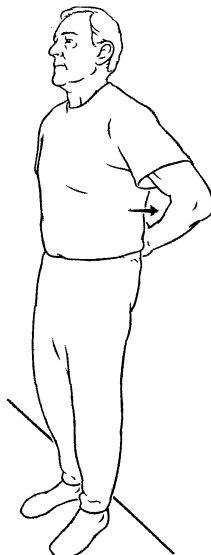
Repeat _____ times.
Do _____ sessions per day.



POSTURE - 9 Posture Pelvic Tilt

With back against wall, feet shoulder width apart, knees slightly bent, place one hand in curve of lower back. Try to flatten low back so hand feels increased pressure.

Repeat _____ times.
Do _____ sessions per day.



POSTURE - 10 Isolated Buttocks Squeeze

Tighten buttocks muscles by saying and doing "TIGHT, TIGHTER, TIGHTEST". Relax muscles. Breathe normally throughout exercise.

Repeat _____ times.
Do _____ sessions per day.

