

Take a Micro-break to refresh your mind & body

'Move it or lose it' is probably the best advice for postural health. However following that advice can be difficult when work or study can literally 'chain you to the desk'.

Ideally we should get out of our chair every 20-30 minutes and move about. But if you can't do that then there are a number of quick and easy movement routines you should try to incorporate into your day.

Chiropractic rehabilitation authority, Dr Craig Liebenson, recommends 'The Standing Overhead Arm Reach'. It is ideal for office workers; is easy to do as it doesn't require much floor space, and you can really feel it doing your good!

Here's the routine:

1. Stand with your feet shoulder-width apart and gently raise both arms so they are 'loosely held' above your head.
2. Breathe in deeply through your nose and hold your breath and now reach your arms up as high as possible without letting your breath out.
3. Let your breath go while relaxing your arms.

Repeat twice every 30 minutes.

Regularly setting aside time for a Posturepole session is helpful to improve posture: it also relaxes the muscle chains to encourage a straighter more attractive posture.



Another useful option for people who spend long periods sitting – offices, cars and planes - is to use The Back Vitalizer. This special continuous air flow cushion allows ongoing movement, which not only unlocks back tension but can quickly provide pain relief when you sit. For more information including stockists go to www.backvitalizer.com.au .

The 'pearls' are offered as a free service from the professionals at PosturePole to inform people how posture influences their health. While based on clinical experience, the authors can accept no responsibility for the untoward consequences of any person following this advice. Seek professional attention if you have any specific postural or health concerns.