

Combat slouching with an easy Chair-er-cise

Lots of sitting can cause posture problems and discomfort – we simply aren't designed to sit and be still. If your work duties don't allow you to move around then try this quick and simple in-the-chair exercise routine.

This is an ideal exercise routine if you have to sit for long periods of time; when travelling in aeroplanes or cars. The routine is particularly convenient as it can be completed in a confined space and is a wonderful tension reliever.

- Begin by sitting tall.
- While sitting slowly breath out and allow your body to slump to its maximum (1st picture).
- Then reverse the position slowly breathing in - first drawing your breathe low into your stomach then up into your chest - while you straighten up to sit as tall and as erect as possible (2nd picture).
- Slowly exhale so your body slumps down.
- Repeat slowly and rhythmically 3 to 4 times.
- To finish routine sit up as tall as possible, and then relax your posture a small amount ~10%. Try to hold this posture as your new 'normal' position (3rd picture).
- Complete this routine 3 to 4 times daily.

This exercise is easy, convenient and surprisingly effective. It is an ideal add-on to your daily 'take care of myself' posture routines. You will look better and feel more positive – the deep breathing can also help refresh your concentration!

Combining this exercise with a regular Posturepole session is terrific combination: Together they encourage better body awareness and a straighter more attractive up-right posture.

