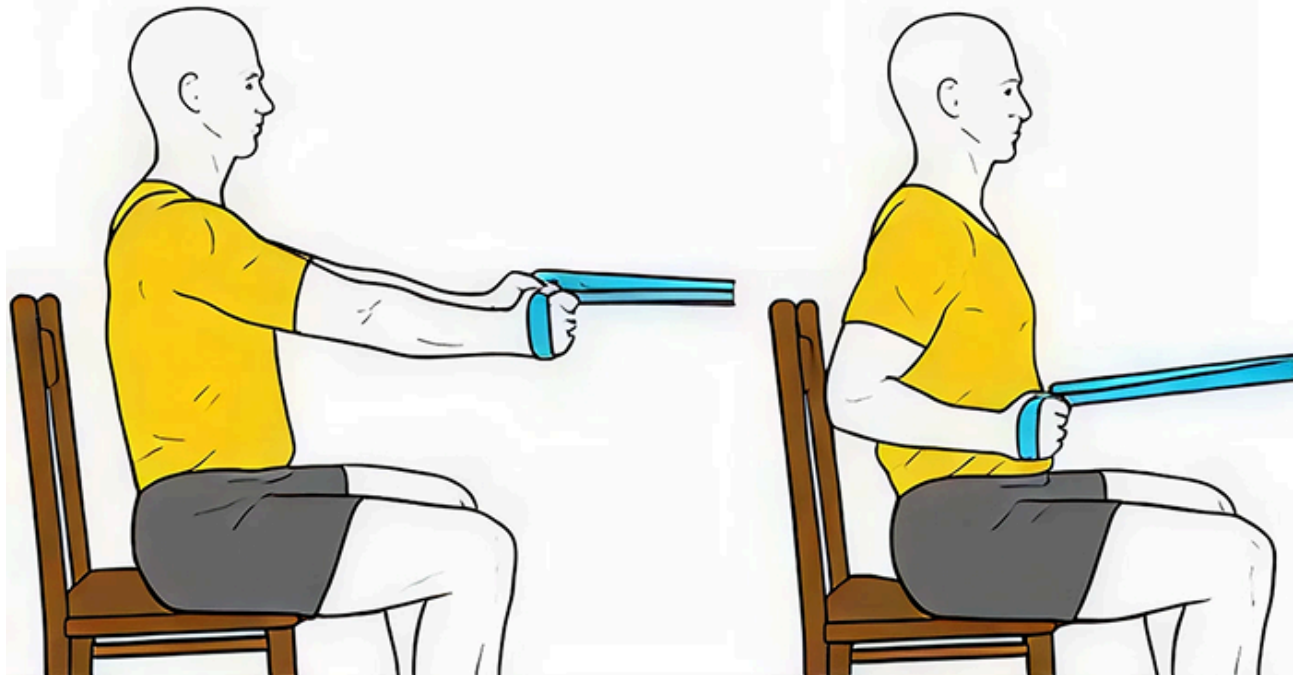


3 Exercises to Improve Your Posture



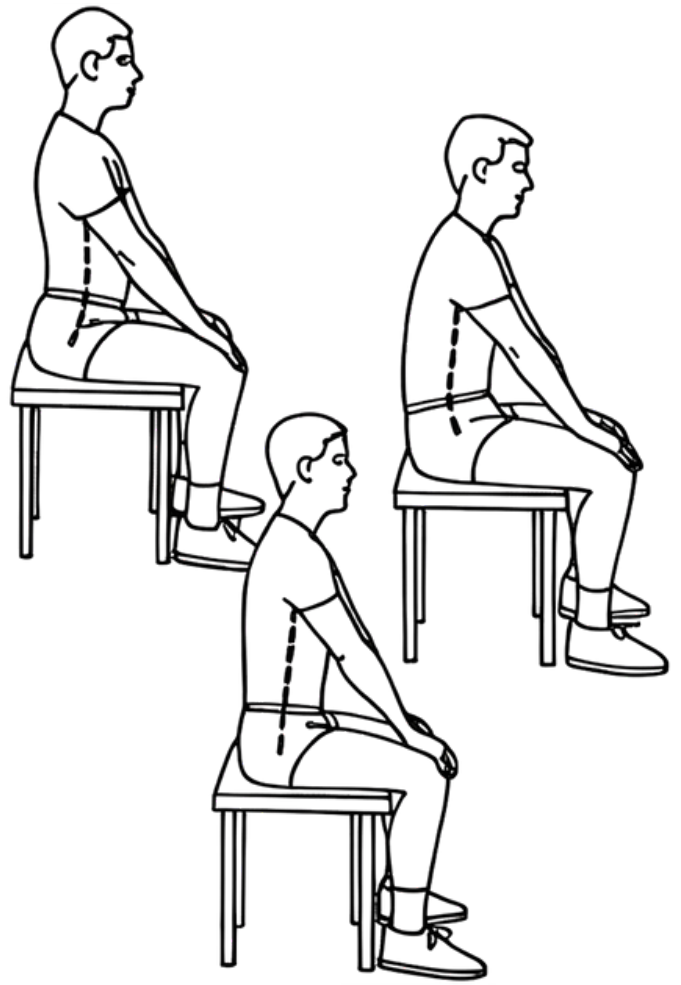
Chest Lifts

1. Sit upright in a chair.
2. Place your hands behind your head with your elbows pointing out to either side.
3. Breathe in while bringing your neck and shoulders back.
4. Hold briefly, then exhale as you relax back to centre.
5. Repeat 5 to 10 times.



Seated Row

1. Place a resistance band around something sturdy.
2. Sit on a chair with your legs in front of you. With your arms extended in front of you, hold the resistance band with your palms facing inward. Engage your core.
3. Pull the band until your hands are over your thighs, keeping your elbows tucked in and your back neutral. Pause for a moment. Slowly straighten your arms again.
4. Repeat 10 to 20 times.



3 Exercises to Improve Your Posture

Seated Pelvic Tilts

1. Sit tall on a firm surface, like the edge of a bed, stool, or chair.
2. Sit upright with your shoulders relaxed, head level, and eyes looking straight ahead.
3. Drop your trunk down as if you're slumping forward while letting your pelvis tip down and back.
4. Then sit up straight, tilting your pelvis slightly forward while bringing your belly button forward, making you sit up tall.
5. Repeat 5 to 10 times.