

# Top 5 Ways to Improve Your Posture in Your Everyday



1. Keep your screens at eye level. For phones, hold them high and try to avoid hunching while looking down. For computer monitors, add books or a yoga block to maintain eye level.



2. Be mindful of your alignment. Your ears should be over shoulders while sitting and standing, as if you're carrying books on your head. This applies to posture in your car, at work, and while walking.



3. Limit TV or social media time as both usually involve little to no movement. The average person watches 3-5 hours of tv a DAY and spends 2 hours on social media. Practice filling this time with life-giving habits such as walking outside, connecting with friends, or doing something you enjoy.



4. Use an appropriate pillow. Your pillow should allow your spine to maintain its natural alignment whether you're a side sleeper or a back sleeper. Your pillow shouldn't be too flat or too fluffy.



5. Stretches. Poor posture over time can keep muscles tight in a harmful position. Periodically bring your shoulders back to reduce tension in your chest muscles. Practice stretching your neck by pulling your ear gently toward your shoulder and doing the same on the other side.

Normal Posture

10 lbs.



Abnormal Posture

60 lbs.



- Neck **Pain**
- 
- Early **Degeneration**
- 
- Muscular **Tension**
- 
- Nerve **pressure**

If you feel you need help with your posture due to incorrect structure of your spine, don't hesitate to contact us.

Happy to answer any questions you may have!