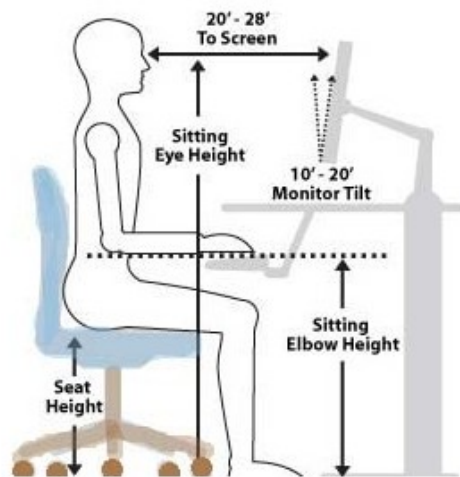Be aware of your body posture!

# There are 5 key benefits from maintaining a good posture.

1. Facilitates breathing: A good posture naturally enables you to breathe properly. There is a really a huge difference in the amount of air you could inhale between sitting up straight and slouching. This is why yoga, pilates and meditation exercises pay so much attention on getting your posture and sitting positions right.

2. Increases concentration and thinking ability: When you are breathing properly, you increase your thinking ability too. .Our brain requires 20% of oxygen to do its job properly More air, more oxygen. More oxygen, more brain food. More brain food leads to more thoughts and ideas.

3. Improve your image: People with good postures look smarter and more attractive. Have you ever seen someone with a bad posture and felt the person seemed strange, On the flip side, someone with a good posture naturally. Apart from that a good posture gives an aura of assertiveness and appeal.

4. Feel even better about yourself: When you have a good posture, it helps to make you feel more self-confident.. Try sitting in a bad posture now for 30 seconds. Now, switch to a good posture for 30 seconds as well. Is there any difference in how you felt?

5. Avoid health complications: A bad posture results in several complications over time, such as increased risks of slipped disc, back aches, back pain, pressure inside your chest, poor blood circulation.

How to Improve Your Posture

1. Identify your key motivation for having a good posture: Why do you want a good posture? Is it to improve your breathing? To boost others' perception of you? Feel more confident about yourself? To avoid health problems? Be clear on your underlying desire so you can remind yourself of it whenever you feel lazy to do anything about your posture.

2. Set a reminder to check in on your posture: Many of us may have the intention to keep a good posture, but we usually forget about it after like 5 minutes! A reminder in the form of a post-it note, item in your calendar, alarm, etc definitely helps. The frequency is up to you, from once a day to as frequent as every 15 minutes.

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3. Eliminate bad habits that cultivate bad postures: This includes watching TV/reading while lying down, working under dim light (which results in slouching), sleeping on your stomach.

4. Start doing exercises which strengthen your back. These include pilates, joga, simple stretching. If you do sit-ups or crunches, ensure you are using the right technique.

5. Placeyour butt at the innermost edge of the chair: This seemingly benign tip actually helps set the right base for your posture. Many people have bad postures because they place their butt on the middle or toward the end of the chair. This causes them to lean/slouch forward and hunch since there is no support behind their backs to press against.

6. Ground both your feet when standing or sitting. This means having both feet planted flat on the floor and not resting your weight on a particular foot, which is a very common habit. While sitting, try not to cross your legs. This helps to keep the upper part of our body straight.

7. Avoid carrying heavy items: Just the act of carrying heavy items is bad for our shoulders and back. Doing that for some time gradually leads to hunched shoulders and backs. If you are a student, you probably do this every day with all the books for classes, so try to reduce the load of things in your bag.
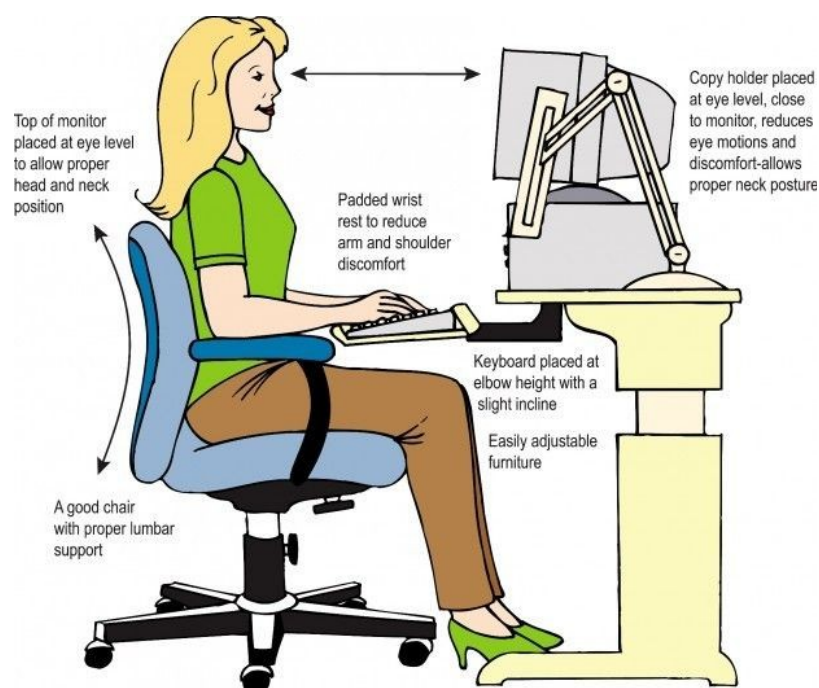
A good posture means maintaining the two natural curves at your back – (1) the concave curve from base of

your head to your shoulders and (2) the concave curve from your upper back to the base of your spine. It's

like the shape of 2 C's on your back.