# May is "Correct Posture Month"

Posture is the position in which we hold our bodies while standing, sitting, or lying down. Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity. Without posture and the muscles that control it, we would simply fall to the ground.

Correct posture is important to avoid pain in the back, neck, and shoulders which could lead to arthritis, joint pain and future digestive, circulation and cardiopulmonary problems. Correct posture is especially important in today's technology-driven world, where we are constantly slouching over computers, smartphones and tablets.
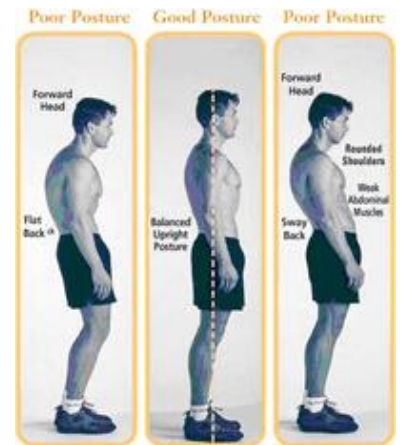
This month, make it a goal to improve your posture. Here are some tips to improve your posture:

- Try core-strengthening exercises such as yoga and Pilates
- Check your posture throughout the day, whether you are sitting or standing
    - When standing, keep your heads up, shoulders back and stomach tucked in
    - If sitting, bend your legs at a 90 to 120 degree angle that is perpendicular to the floor, with your backside touching the back of the chair and feet flat on the floor
- Get up and stretch periodically throughout the day to avoid and alleviate any type of pain caused by improper posture.

For more information and source visit: http://www.acatoday.org/Patients/Health-Wellness-Information/Posture

"Suspending your keyboard from the ceiling forces you to sit up straight, thus reducing fatigue."

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