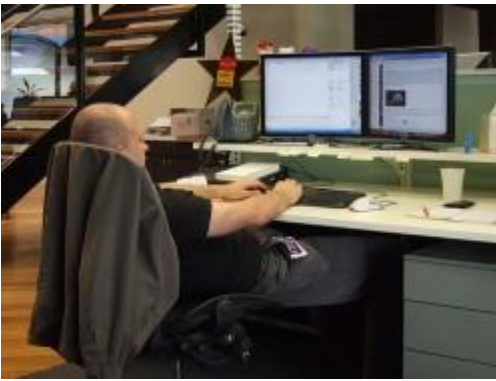


One Key to (Healthy) Life: Stand Up Straight!

Posted by [Holly Mom](#) at 11/14/2008 9:44 am



Okay, you're hunched forward reading this blog on your computer screen right now, aren't you? Ha! Gotcha!

I've been going through physical therapy for the past month and a half for biceps tendonitis. How did I get biceps tendonitis? From my aggressive power-lifting routine as I train for an over-40 women's bodybuilding championship? Sorry, nope.

No, I developed biceps tendonitis from shoveling landscape rocks in our backyard this past spring. Doesn't that just stink! I could have shoveled rocks all day long in my twenties with no problem at all. But now, it's that over-40 thing, I'm tellin' ya...

Anyway, throughout my physical therapy, one thing the therapists I've been working with have drilled into my head is to **STAND UP STRAIGHT**. I was amazed to learn that sitting or standing up straight can help cure a multitude of health-related evils.

Health issues like: neck pain, lower back pain, sciatica leg pain, digestion, and even temporomandibular joint disorder ("Ten-Hut! to Ease Jaw and Neck Pain") can all be helped by proper posture.

Orthopedic specialists are seeing an increasing number of patients experiencing neck pain due to the use of electronic gadgets like laptops, BlackBerries and handheld games, and the way we sit or stand while using them.

Here are a couple of things I've learned, that anyone can do, to help improve their posture starting right this second:

At various times during the day, while you're sitting at stop lights, waiting in line at the grocery store, or sitting at your computer, make certain you're looking straight ahead, then think about pushing your chest out and stuffing your shoulder blades into your back pockets. Hold this position for several seconds.

Another thing you can do periodically throughout the day is to clasp your hands behind your back and hold this position for 30 seconds.

Okay, now do what your mother always told you and stand (or sit) up straight!