



No time for a massage?

Stand tall.

Days spent at desks and evenings sitting on soft, squishy sofas are the perfect recipe for a hunched, drooping posture. But before you start balancing books on your head, it's worth assessing your posture with a simple move.

First, stand with your heels touching the wall – your tailbone, shoulder blades and the back of your head should be able to touch the wall. Now, lift your arms above your head so the back of your hands are also resting against the wall.

Did you notice how your posture changed when you do this? Your body lengthens, your chin lifts, and you feel taller. To help correct your posture, lie down on your back and stretch your heels and arms away from your body for 30-seconds. Repeat this three times, remembering to check back in with the initial assessment regularly.

