

## Better Posture

### “Sitting is the new smoking!”

Have you heard this new adage about posture? It refers to the health dangers of a sedentary lifestyle, particularly sitting at the office or in your recliner for hours at a time, using computers or cellphones.

### So What’s All the Fuss About?

Sitting too much and the resulting poor posture have many unhealthy effects on your body, thinking, and emotions:

- ◆ Poor posture—loss of strength and flexibility along the neck, spine, hips and legs
- ◆ Poor blood circulation—swollen ankles, varicose veins, DVT (Deep Vein Thrombosis)
- ◆ Heart disease—high cholesterol and blood pressure, cardiovascular disease
- ◆ Weakened muscles—belly, buttocks, and along the spine
- ◆ Weight gain—decreased ability to burn fat
- ◆ Chronic pain—in the neck and shoulders (ouch!), low back, hips, and legs
- ◆ Anxiety and depression—missing out on the mood boosting effects of sunshine and exercise
- ◆ Diabetes—lowers insulin sensitivity
- ◆ Brain damage—due to decreased blood and oxygen flow
- ◆ Cancer—studies show this is happening, but the links are unclear at this time



### Let’s Get Moving!



Get out of your chair and walk around every 30-60 minutes. Better yet, take that walk outside and breathe in the scents of nature, play with your dog, or work a bit in the garden. If you’re driving on a long trip, be sure to stop every hour to walk and stretch, gives your eyes a rest and refresh your energy.

### How Yoga Can Help

Yoga is unique in that the postures move all parts of your body, creating an integrated system of stretching and strengthening. Yoga helps to lengthen the muscles along the spine, giving room for it to extend and take pressure off the spinal nerves. It strengthens muscles of the core and back, critical to holding yourself upright. By improving your posture, yoga helps the heart and lungs to work more efficiently, increasing your breath capacity, which enervates all the tissues of your body and creates greater vitality. Yoga also helps elevate mood and a sense of being connected with yourself, nature, and the rest of the world.