

Posture and Straighten Up Backgrounder

What is posture?

Posture refers to the way we carry our body whenever we sit or stand.

Who is affected by poor posture?

Poor posture can negatively impact everyone, young and old. If poor posture is permitted to develop in younger individuals, it can decrease fitness and activity levels as they age, resulting in the potential of increased health problems.

How do day-to-day tasks affect posture?

Many spine problems are the product of poor posture resulting from poor body mechanics. Day-to-day, Albertans are glued to televisions and computers, hunched over books and desks, or are required to perform tasks that require a lot of bending forward and lifting. We don't realize what happens to our posture while we do these tasks – until our backs and other body parts start to hurt. The pain indicates poor posture is taking its toll on our spine and overall health.

What are the long-term effects of poor posture?

- Chronic headaches
- TMJ dysfunction
- Shoulder pain
- Hunchback look from tightened and rounded muscles
- Strain and pain in your lower back
- Tightening in your legs

What is Straighten Up Alberta?

A free, public service program, Straighten Up Alberta is a three-minute-a-day, easy-to-perform, stretching program. Used by anyone as a warm-up, cool down, stand-alone routine or ergonomic break, Straighten Up Alberta has a number of benefits resulting in better posture and improved spinal health.

Where can Straighten Up Alberta be practiced?

The Straighten Up exercise program can be practiced anywhere. It takes only three minutes a day and is suitable for home, workplace or almost anywhere.

Why do Straighten Up Alberta?

Straighten Up Alberta is the only program specifically designed and completely dedicated to improving posture and spine health. When evaluated, study participants who practiced Straighten Up for at least five weeks reported:

- improved their posture,
- strengthened core muscles, and
- that their backs were more comfortable from sitting and standing more upright