

GOOD POSTURE CHEAT SHEET

Good posture should not feel like a lot of work. Here are simple ways to reset your posture and reap the benefits of less pain!



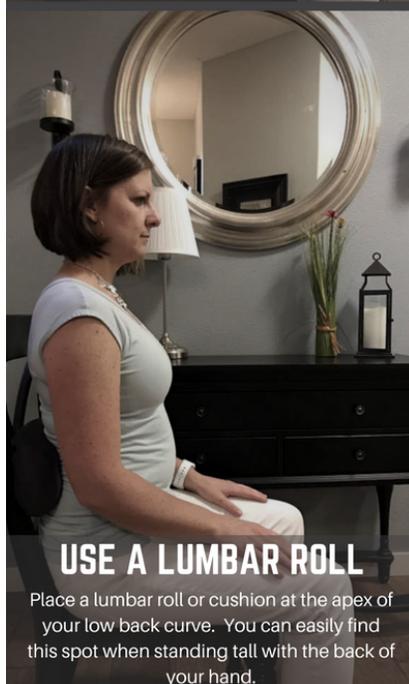
THINK TALL BELLY

Keep it simple. Focus on lengthening your abdomen in sitting, standing, walking. Your shoulders will naturally fall back.



THE TOWEL ROLL TRICK

Roll up a thin towel. Place it under you, just behind your sit bones. It should make it harder to roll back onto your tailbone.



USE A LUMBAR ROLL

Place a lumbar roll or cushion at the apex of your low back curve. You can easily find this spot when standing tall with the back of your hand.



CAR POSTURE

Use your headrest, have seat close enough to have elbows close to your sides, holding the wheel down low. Keep some length in your belly and let your thigh muscles relax.