

Poor Posture is.....

DAMAGING YOUR HEALTH BY:

THEHOLISTICHEALING.HUB

#1

CHANGING THE PRESSURE ON YOUR SPINE

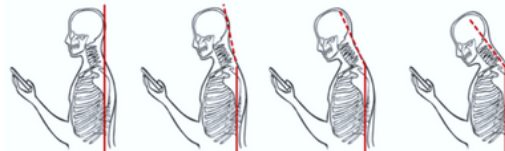
YOUR SPINE IS LITERALLY THE BACKBONE OF YOUR HEALTH EVERYTHING THAT HAPPENS IN YOUR BODY IS FACILITATED THROUGH YOUR SPINE AND NERVOUS SYSTEM

WHEN THERE IS ADDED PRESSURE IN SPECIFIC AREAS OF YOUR SPINE FROM CHRONIC SITTING & DEVICE/COMPUTER USE THE BONES DEGENERATE FASTER AND NERVES CAN THEN BE COMPROMISED

WHY IT MATTERS

OVER TIME THIS ADDED PRESSURE CAUSES “BONY CHANGES” THAT BECOME YOUR PERMANENT SITUATION, AND OR

YOU CAN BE VISUALLY HUNCHED OVER, EXPERIENCE SHOOTING PAIN, DISC HERNIATIONS AND OR IMPAIRED BODY FUNCTIONING



0°	15°	30°	45°
10 -12lbs	27lbs	40lbs	49lbs

3 THINGS YOU CAN DO TO HELP

1. MAKE SURE YOUR NECK IS IN NEUTRAL WHEN LOOKING AT PHONES, TABLETS & COMPUTERS
2. HAVE A PROPER AND SUPPORTIVE CHAIR FOR YOUR WORK & LEISURE TIME ON DEVICES/COMPUTERS
3. TAKE BODY BREAKS REGULARY THROUGHOUT YOUR DAY (GET OFF YOUR DEVICE AND MOVE YOUR BODY)

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#2

CHANGING THE POSITION OF YOUR SHOULDERS

WHEN YOU SIT IN A ROUNDED FORWARD POSITION FOR REGULAR PERIODS OF TIME YOU PLACE STRESS ON THE MUSCLES AND JOINTS OF YOUR SHOULDERS

YOUR MUSCLES FIGHT TIRELESSLY TO BRING YOUR POSTURE INTO A MORE UPRIGHT POSITION

THAT IS WHY YOU FEEL BURNING PAIN BETWEEN YOUR SHOULDER BLADES, MUSCLE TWITCHING, TENSION AND MORE...

WHY IT MATTERS



OVER TIME THIS POSITION CAN CAUSE PAIN, TENSION HEADACHES, NERVE PROBLEMS, TENDINITIS AND FROZEN SHOULDER; ALL OF WHICH WILL IMPACT THE WAY IN WHICH YOU CAN LIVE YOUR LIFE

3 THINGS YOU CAN DO TO HELP

1. STRENGTHEN YOUR MID BACK AND STRETCH YOUR CHEST MUSCLES
2. SET REMINDERS TO "SQUEEZE" YOUR SHOULDER BLADES REGULARLY IN YOUR DAY
3. USE A SEATED TWIST POSE (BELOW) TO PROMOTE SPINAL MOBILITY AND STRENGTH TO TIRED AND OVERWORKED MUSCLES (GO BOTH WAYS)



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#3

CAUSING CHRONIC PAIN

CHRONIC PAIN IS ONGOING PAIN THAT YOU DEAL WITH REGULARLY, WHETHER IT IS INTERMITTENT OR CONSISTENT

PAIN CHANGES HOW YOU EXPERIENCE LIFE, HOW YOU MOVE YOUR BODY, AND IT ALSO DEPLETES YOUR ENERGY & VITALITY

THE PAIN CYCLE PERPETUATES YOUR STRESS LEVELS AND VICA VERSA

WHY IT MATTERS



CHRONIC PAIN AND STRESS KEEP YOUR BODY STUCK IN IT'S "FIGHT OR FLIGHT" RESPONSE WHICH MAKES IT MUCH MORE DIFFICULT FOR YOU TO HEAL, FEEL RELAXED OR BALANCED IN YOUR LIFE

3 THINGS YOU CAN DO TO HELP

1. GET SPECIFIC ABOUT YOUR PAIN & HOW YOU WANT TO FEEL
2. USE REGULAR RELAXATION STRATEGIES THAT CALM YOUR NERVOUS SYSTEM AND PROMOTE HEALING
3. SPEND TIME IN NATURE WITHOUT YOUR DEVICE TO GROUND YOURSELF AND PROMOTE CONNECTION