

Medicine For The Millennium

By Stanley H. Kornhauser, Ph.D

What Does Your Posture Say about You?

Appearance, Pain, and Posture – Inextricably Linked, and Infinitely Manageable

Our computer-bound lives make it tough to stand tall! Modern life increasingly consists of enduring long commutes to work to spend most of the day sitting at a desk. And then, we return home to sit some more-- eating, watching TV, surfing the web or playing video-games. As a population, these vast stretches of sitting are training our bodies to not only be out-of-shape, but to literally become "folded". The result: hunched over bodies with aches and pains we simply don't know how to address.

If your postural appearance posture concerns you, or if pain pills and shoulder rubs are your coping strategy for chronic muscle stress, Dr. Steven P. Weiniger, an internationally recognized expert on posture and anti-aging, has some unique insights in his book, *Stand Taller ~ Live Longer: An Anti-Aging Strategy*.

Here's the good news: a daily posture exercise routine, that is individualized and right for your body, can strengthen your posture, improve your appearance and help you move pain-free. Appearance, pain, and posture are mutually dependent, with posture

the literal pivot point affecting pain and appearance (have you ever caught your reflection in a mirror and to your chagrin seen your parent or grandparent?) to a surprising degree.

If the idea of standing taller to live longer sounds too good to be true, Dr. Weiniger suggests you try this now:

1-Sit down and take a deep breathe in. Notice how much air you take in.

2- Now, scoot your buttocks back, pull your shoulders back, and lift your head tall....and take another breath.

Notice any difference?

Most people find they take a much fuller breath when they strengthen their posture (and authorities agree breathing is good for your health).

Dr. Weiniger lectures about posture exercise, pain relief, and aging well across the nation, and in *Stand Taller ~ Live Longer* he concisely and effectively uses simple ideas and helpful pictures to build a seven-week StrongPosture™ Exercise Program that can benefit virtually anyone. Daily posture exercise is a smart habit for exercising

effectively and staying well, and is especially good for those of us who feel like "I just can't straighten up", or live in fear of moving wrong and suffering an episode of low back pain. Progressively building a StrongPosture™ exercise program takes just ten minutes a day, and can truly make a difference not only in how you look, but in how you breathe and move – not just today, but twenty, thirty, or even forty years from now.

Dr. Steven Weiniger is Managing Partner of BodyZone LLC, the online source for posture information and professional posture practice tools and continuing education. He focuses on posture rehab and biomechanics in his private practice and professional training facility in Atlanta, Georgia, and his on-going commitment to education and patient care has helped direct national recommendations on issues, policy, and research in the field of aging well. Dr. Weiniger's book, *Stand Taller ~ Live Longer* teaches people a StrongPosture™ exercise program to help you Move, Feel and Be Well. For more information, visit www.BodyZone.com or call (866) 443-8966.