

Five Days of Fitness Improve Your Posture

| Transcript



Instructor: Hi, my name is Kathryn and I'm here to take you through your workouts for today, which are specifically designed to help correct the poor posture that we develop when we sit for too long on our bottoms, and we spend too much time looking down at our devices. James is here to help me today and he's already very kindly got himself into some really bad sitting posture. James, can I ask you to put your device down and sit up with your back up against the chair, please.

Okay, so James is going to drop his chin a little bit for us. James is going to take his index finger and middle finger from his right hand, and he's going to place them lightly on his chin. And now he's going to press back gently and just move his chin back about three or four millimetres. The muscles that he's working there are now his deep neck flexors. They sit on either side of his windpipe. He's taking the pressure out of these big muscles at the side called the sternomastoids. When they get tight and they do when we have our heads forward, they cause headaches and neck pain and shoulder pain.

The next thing that we're going to work on with James is he's going to roll his shoulder blades back and down, fixing his scapula low on his spine. Keeping the chin drawn in, now his pec muscles across his chest are nice and wide. James, can you put your right finger on your belly button very lightly. Now James is going to scoop his belly and his lower back has now elongated. The next group of muscles, two muscle groups are the glutes and the hip flexors. The last thing that we're going to change for James, we're going to move his heels just out so they're underneath his knees. Now his glutes, his back, all of the muscles up through his legs, all the way through his torso right up into his neck are helping to keep him in much better posture.

So we're going to run through the same things that we ran through when James was on the seat. He's going to take his fingers to his chin, and he's just going to draw that chin back in and lengthen the back of his neck. He's going to roll the shoulders back and engage those trapezius muscles. He's going to draw his belly button to spine, great. He's going to soften at the hip flexors a little bit. We don't want to be locked out through our knees or through our hip flexors. The knees are slightly soft, and his weight has now shifted back into his heels as opposed to his toes and he can give them a wriggle.

What James has now created is a relatively straight line from his ear, down through his shoulder, down through his elbow, through his hip, down the side of his knee, and right down into his heel. Now he's standing in a position that's actually helping to strengthen his body while keeping it in a relaxed position.