

How is your POSTURE?

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If you are like most people, you are slumped over while sitting in your chair. Your abdominal muscles are inactive. Your shoulders are slumped forward while your head juts out, and your spine is curved.

Now, sit up straight, pull your belly button toward your spine, push your shoulders down, and back. That's a start!

Many people sit at a desk all day, leaning over paperwork or staring at the computer, leaving them slumped over by the end of the day and often experiencing frustrating pain. Poor posture can put a strain on our muscles, joints and bones, especially the spine. Correcting it can be done with proper exercises. By strengthening the muscles in the back and the abdomen, you will start to subconsciously stand taller. The immediate effects will be that you feel and look more confident, have more energy, and even look 5 to 10 pounds slimmer. In the long term, you will help to prevent spinal curvatures, such as lordosis and kyphosis, and chronic back and shoulder pain.

Exercising to lose weight is not the only reason to exercise. New clients often come in expressing the desire to reduce back pain and shoulder tension and have more energy. All of these maladies can be relieved within only a few sessions of core stabilization exercises and proper stretching techniques. When the correct muscles either are stretched or strengthened, the postural deviations will start to correct themselves, and the pain will be relieved. Using equipment such as the stability ball, functional training machines and cables and bands, we can develop your muscles to have muscular endurance so that they can withstand the weight of the body all day long and help support the spine in proper alignment.

Good posture can improve your health, appearance and overall well-being.

Call us now at (954) 491-7988!

Fitness Together – Fort Lauderdale

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