



HEALTH AND WELLBEING CHECKLIST

Date

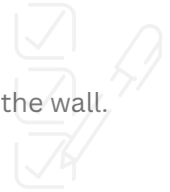
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Improving Posture Daily

Good posture improves physical health, boosts confidence, and reduces pain. Use this checklist to improve your posture daily.

Assess Your Posture

- Stand against a wall to check alignment: heels, hips, shoulders, and head should touch the wall.
- Tip: Use a mirror or ask someone to observe your posture for additional feedback.



Align Your Head

- Keep your head level and avoid tilting it forward to reduce neck strain.
- Tip: Imagine a string pulling the top of your head upward for proper alignment.



Roll Back Your Shoulders

- Relax your shoulders and roll them slightly back to avoid slouching.
- Tip: Periodically shrug and release your shoulders to relieve built-up tension.



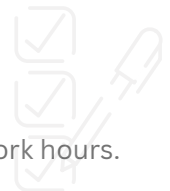
Engage Your Core

- Slightly tighten your abdominal muscles to support your spine and maintain balance.
- Tip: Practice holding your core for seconds and gradually increase duration for stronger support.



Adjust Your Desk Setup

- Keep your monitor at eye level and ensure your chair supports your lower back.
- Tip: Use an ergonomic chair or a lumbar cushion for better back support during long work hours.



Use a Footrest if Needed

- Keep your feet flat on the ground or use a footrest for added support and stability.
- Tip: Adjust your chair height to ensure your thighs are parallel to the floor.





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Practice Sitting at a 90-Degree Angle

- Ensure your knees are at a right angle with your hips to promote good posture.
- Tip: Check your chair's height to ensure it supports a 90-degree sitting position.



Take Regular Breaks

- Stand, stretch, or walk every 30 minutes to reduce stiffness and improve circulation.
- Tip: Set a timer or use a fitness tracker to remind yourself to move regularly.



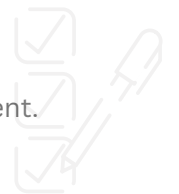
Stretch Chest and Back Muscles

- Open up tight chest muscles with doorway stretches and strengthen your back with rows.
- Tip: Incorporate foam rolling for your upper back and shoulders to release tension.



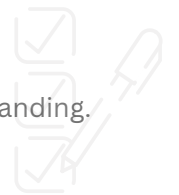
Sleep with Proper Support

- Use a supportive pillow and avoid sleeping on your stomach to maintain spinal alignment.
- Tip: Opt for a medium-firm mattress to support your back while sleeping.



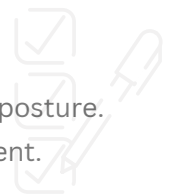
Wear Supportive Footwear

- Avoid high heels or unsupportive shoes that misalign your posture during walking or standing.
- Tip: Look for shoes with proper arch support and cushioned soles for all-day comfort.



Practice Postural Exercises

- Include planks, bridges, or yoga poses like mountain and downward dog to strengthen posture.
- Tip: Perform exercises daily to build endurance in muscles that support proper alignment.



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Checklists



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