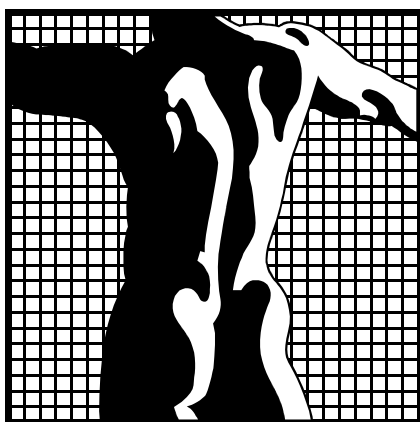


## Posture Is a Habit

It's not uncommon to see a person with poor posture and some associated back and shoulder pain. When the shoulders round forward and the upper back rounds, the joint space in the shoulders are reduced and the likelihood of one of the rotator cuff muscles rubbing on the bones increases. In time this can cause swelling, inflammation and pain. The lower back can take a beating from poor posture also. Increased spine curvature puts more stress on certain parts of the back causing more pain. These pain and problems can go beyond the spine and shoulders and eventually cause problems in elbows and knees, but that takes years of poor alignment.



I've spent countless hours using 'corrective' exercises with clients to improve their posture, but in many cases nothing changes. While there's nothing wrong with the exercises, their effectiveness is hindered by every move made with poor posture. Coming into the gym twice a week for an hour each time and working on your posture is certainly beneficial, but if as soon as you leave the gym and slump back into poor posture for the remaining 166 hours of the week how effective can your program be?



Your posture correction program must involve every waking hour of your life until you reach your goal. Sure, you need to stretch out all the tight muscles pulling you into bad posture, but the most important thing you can do is constantly remind yourself to stand/sit up straight. What this does is reprogram your nervous system

and in time you won't need to think about sitting up tall as your brain will do it automatically. Take a look at kids aged about 5 and under. They all have perfect posture and no one even told them what posture is. In time as they sit in front of the TV playing Playstation their bodies get used to a more rounded posture. Then the problems can start.

The best way I learnt how to remember to correct my posture was to get a watch with a countdown timer and set it to beep every 15 minutes. I took that advice from corrective exercises specialist Paul Chek and it works. You can also stick dots around the house if you can't afford a watch or if you have too much cash you could hire a personal trainer to remind you every 15 minutes, but I like the watch. There are also devices to remind you to sit up straight at the computer by beeping as you slouch, but they are limited to your hours spent in front of the computer.

Remember, adding muscle to the back muscles won't mean a thing if the nervous system doesn't know how to use them. Make it a new habit.

Andrew

# BUST IT!

## 6 Week Program

Designed to motivate, inspire focus & help you achieve your goals!



Bust it up to shape up for a special event or simply just kick start your health and fitness for good!

### WHAT YOU GET:

- ★ Assessment & weekly monitoring
- ★ 2 x 30 minute Personal Training Sessions per week
- ★ 2 x Group Exercise Classes per week
- ★ Lifestyle Guidelines, Menu Plan, & Recipes

★ Program is individually structured for each participant & is suitable for all fitness levels

\$595

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## Greek Chicken

### Ingredients : (Serves 4)

- 500g organic thigh chicken
- 1/2 cup crumbled feta cheese
- 2 tbsp chopped fresh oregano
- 2 tbsp lemon juice
- 2 tbsp organic olive oil
- salt and pepper to taste
- 1 cup chicken stock
- 1/2 cup tomato diced
- 1 cup fresh spinach

### Method:

- Flatten chicken.
- Combine feta, lemon juice and oregano. Spread over chicken.
- Fold chicken to enclose filling; secure with a toothpick.
- Heat oil in a skillet until hot.
- Add chicken and cook until golden brown.
- Mix chicken broth, tomato and spinach.
- Add to pan, heat to boiling. Reduce heat to low; cover and simmer 8-10 minutes. Serve.



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.