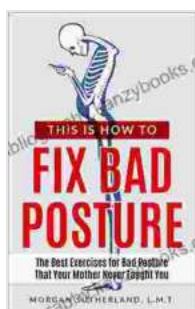


# The Best Exercises For Bad Posture That Your Mother Never Taught You

Are you suffering from bad posture? Do you hunch over your computer all day? Do you have neck pain or back pain? If so, then you need to read this article. In this article, I will share with you the best exercises for bad posture that your mother never taught you.



## This Is How To Fix Bad Posture: The Best Exercises for Bad Posture That Your Mother Never Taught You

by Morgan Sutherland

★★★★☆ 4.3 out of 5

Language : English  
File size : 6657 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 179 pages  
Lending : Enabled  
Screen Reader : Supported



## What is bad posture?

Bad posture is a condition in which the body is not aligned properly. This can lead to a variety of health problems, including pain, muscle weakness, and fatigue. Bad posture can also make you look older than you actually are.

There are many causes of bad posture, including:

- Sitting at a desk all day
- Working on a computer
- Driving for long periods of time
- Carrying heavy bags
- Wearing high heels

### **What are the symptoms of bad posture?**

The symptoms of bad posture can vary depending on the severity of the condition. Some common symptoms include:

- Headaches
- Neck pain
- Back pain
- Shoulder pain
- Muscle weakness
- Fatigue
- Poor balance
- Difficulty breathing

### **How can I improve my posture?**

There are many things you can do to improve your posture. Some simple tips include:

- Sit up straight with your shoulders back and your head held high.

- Get regular exercise.
- Stretch your muscles.
- Wear comfortable shoes.
- Avoid carrying heavy bags.

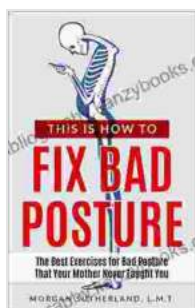
## **What are the best exercises for bad posture?**

There are many different exercises that can help you improve your posture. Some of the best exercises include:

- **Shoulder rolls:** Stand up straight with your feet shoulder-width apart. Roll your shoulders forward in a circular motion for 10 repetitions. Then, roll your shoulders backward in a circular motion for 10 repetitions.
- **Neck stretches:** Sit up straight with your shoulders back. Slowly tilt your head forward until your chin touches your chest. Hold this position for 10 seconds. Then, slowly tilt your head back until you are looking up at the ceiling. Hold this position for 10 seconds.
- **Back extensions:** Lie on your stomach with your legs straight and your arms at your sides. Lift your head and chest off the ground and hold this position for 10 seconds. Then, slowly lower your head and chest back to the ground.
- **Planks:** Start in a push-up position with your hands shoulder-width apart and your body in a straight line from your head to your heels. Hold this position for as long as you can.
- **Bird dog:** Start on your hands and knees with your hands shoulder-width apart and your knees hip-width apart. Lift your right arm and left

leg simultaneously and hold this position for 10 seconds. Then, lower your right arm and left leg and lift your left arm and right leg simultaneously and hold this position for 10 seconds.

Improving your posture can have a number of benefits, including reduced pain, improved muscle strength, and increased energy levels. If you are suffering from bad posture, I encourage you to try the exercises outlined in this article. With regular practice, you can improve your posture and enjoy a healthier, more comfortable life.



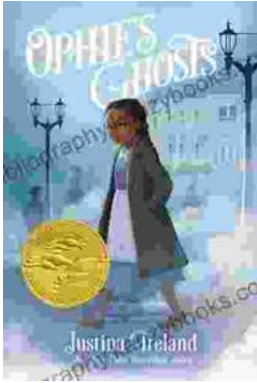
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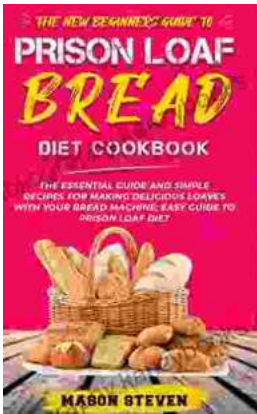
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