

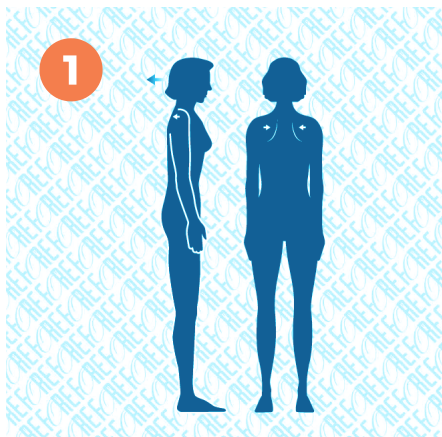


# POSTURE POWER™—NEXT STEPS

## Posture Exercises for Life<sup>1</sup>

Remember: Exercise is important for maintaining your health. Always check with your doctor before starting an exercise program, especially if you have osteoporosis or low bone mass.

### Stretch the front of the chest and improve posture.



#### Cervical and Thoracic Extensions

- Stand with feet hip width apart.
- While tucking your chin in (not down), press your shoulders back and squeeze your shoulder blades together. Don't hold your breath!
- Feel that you are straightening and elongating your upper spine.
- Relax.

**Repeat 8 times**

*Tip: You may want to stand with your back and shoulders against a wall.*



#### Standing “Y”

- Stand with your feet hip width apart.
- Begin with your hands crossed in front of your body.
- Raise your hands over your head leading with your thumbs pointing backwards.
- Lower slowly.

**Repeat 8 times**





### Standing “W”

- Stand with your feet hip width apart.
- Begin with your arms at shoulder level, elbows bent and hands pointed upward.
- Squeeze your shoulder blades together while pressing your arms back and down into a “W” shape.
- Hold for a count of three.

**Repeat 8 times**



### Standing “T”

- With arms at shoulder level, squeeze your shoulder blades together while pulling your arms behind you.
- Return to starting position.

**Repeat 8 times**

## CHECKLIST

- Get a physical exam by your healthcare provider**
  - Ask about getting a bone density test
  - Ask about your fracture risks
- Prevent fractures**
  - Be aware of your daily movement patterns
  - Modify your activities if needed
- Add posture exercises (described above) to your exercise routine**