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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Stretch for 5 minutes
every 2 hours, especially
after holding the same
posture for long periods
of time.



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**Corporate
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This fortnight's healthy topic...

Exercise Tip: Body Balance for Optimal Function and Perfect Posture



In modern society, our sedentary lifestyles and poor work patterns make it difficult to maintain good posture. We often form bad habits that result in the imbalance of strength and flexibility between and within muscle groups, injuries and even abnormal bone structure.

Tips to prevent muscle imbalances

- **Change positions** frequently whether standing or sitting. If sitting for prolonged periods of time, take a break every half hour for 2 minutes to stretch, walk or stand.
- **Try to maintain an aligned body.** This means you sit and stand tall and distribute your body weight evenly.
- **Exercise regularly.** Aerobic exercise and strength training keep your muscles function.
- **Train** the left and right side and the front and back of your body equally to prevent discrepancies in the development of muscle strength.
- **When sleeping,** lie on your back or side with your legs straight or bent with a pillow underneath or between your knees to assist the natural spinal curvatures.
- **Regular stretching** can help restore your body's balance by relieving muscle tension. Remember to stretch muscles equally!

Preventing muscle imbalances can be as simple as stretching the muscles you've used all day and strengthening those you haven't used.

If you sit all day, stretch your hamstrings (back of the thighs), hip flexors (front of the hips), lower back, shoulder and chest muscles.

Gluteals (buttocks), quadriceps (front of thigh), abdominals and the upper back may require strengthening.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**