

## 2008 Resolutions

### Good Posture

- “Good posture is a good habit that contributes to the well-being of the individual... Conversely, bad posture is a bad habit.” “The ideal alignment of the body may not be attainable in every respect, but it is the standard toward which efforts to attain it are directed.” - Kendall, McCreary and Provance, 1993.
- The **third pillar**, and one of the most important pillars, is posture.
- The greatest thing about this pillar is that we control our posture and postural habits.
- Do you know what good posture is?
- Do you use good or bad posture?
- Do you squeeze the phone between your ear and shoulder or hold it to your ear with your hand?
- Do you slouch in your chair or do you slide your hips to the back of the seat every time you sit down?
- Do you lean on your elbow rather than sitting back in your chair?
- When you look back on 2007, how do you rate yourself? Do you choose to do better in 2008?



I know that for the majority of my workday my posture most closely resembles a slinky or a pretzel.

My posture is 'fair'. Generally, for 50% of the day, I sit without slouching my back or neck and can keep my elbows close to my body when working..

My workstation fits and supports me. I know what good back, neck and arm posture looks like and I strive to work with it.

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