
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

Can you recommend good posture exercises?

Question: *You've mentioned how important good posture is for health reasons, but can you recommend a couple of websites that have good posture exercises?*

Answer: Specific posture exercises can be done using yoga and pilates techniques. Google "POSTURE EXERCISES" and you will get several sites, but what it boils down to is just a couple of things that you can do consciously every day -- and eventually it will happen naturally!

Simply put: Hold your shoulders back, tighten your bottom, and straighten your back. Look straight ahead at eye level, so that your head is evenly above the spine and your chin is at a right angle to your neck. Keep your shoulders straight by pushing your chest up and out, to avoid a hunched back... and pull in your tummy. Initially you'll have to make a conscious effort to maintain this posture, but later on it will come naturally to you. This will give you a graceful carriage and make you feel fitter at the same time. Well, this and a little bit of REAL exercise! Keep moving!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
