



Posture and Alignment: How It Helps

BY: CRISTIANE B. CRUZ, R.KIN, MPK



Good Posture/Alignment Is Surprisingly Important

By Cristiane B. Cruz, MPK, R.Kin



Our Bodies Work Best With Good Posture

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There Are Many Ways To Improve Our Posture



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Why Is Posture Important?

- ▶ Centre Of Gravity
- ▶ Base Of Support
- ▶ Rule Of The Bones
- ▶ Falls Risk

Benefits Of Posture And Alignment

Upper
Body

Lower
Body

Additional
Benefits

Benefits For Upper Body

- ▶ Optimal Joint Mechanics
- ▶ Better Breathing
- ▶ Improved Digestion
- ▶ Reduced Tension Headaches
- ▶ Reduce Risk Of Injury In:
 - ▶ Shoulders
 - ▶ Neck
 - ▶ Upper Back



Benefits For Lower Body

- ▶ Improved Joint Mechanics
- ▶ Helps Lifting Items
- ▶ Better Balance
- ▶ Reduce Risk Of Injury In:
 - ▶ Lower Back
 - ▶ Hips
 - ▶ Knees
 - ▶ Ankles



Additional Benefits



Boosts Mood/Self Esteem



Improved Energy Levels



Increased Productivity

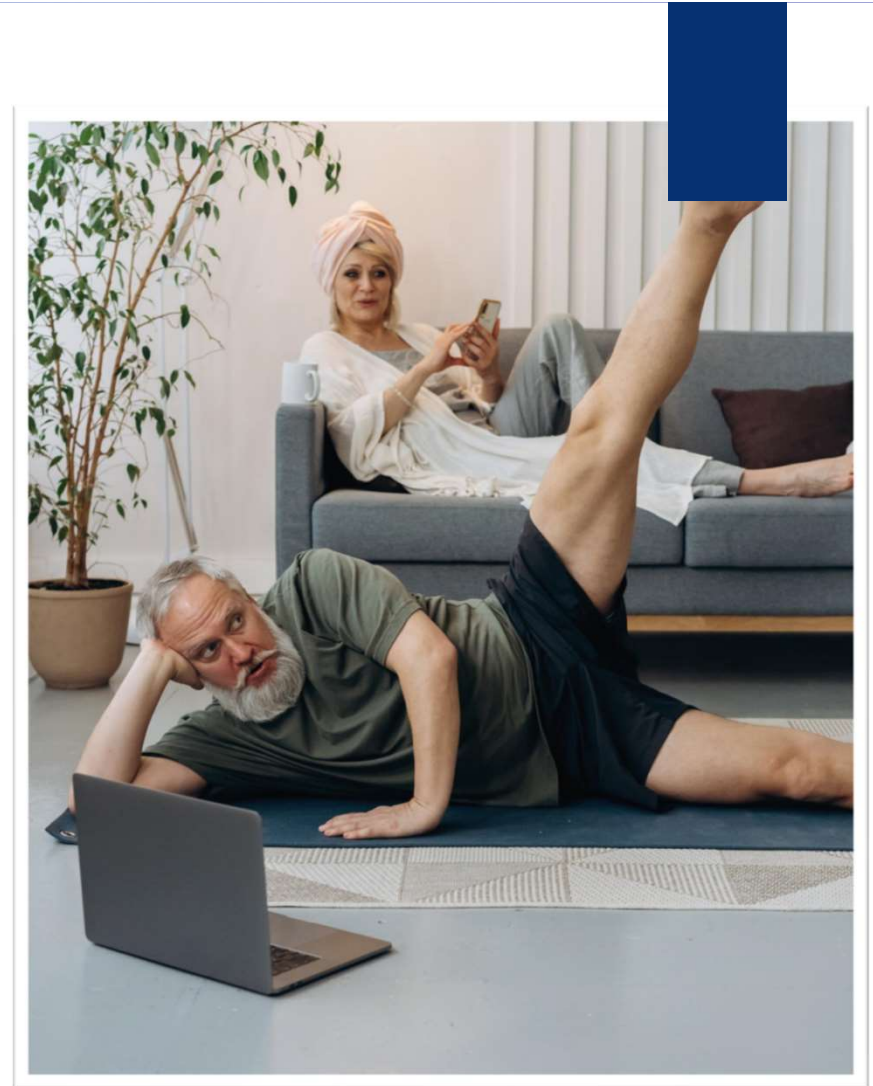


Reduces Falls Risk

Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence

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Info@SimplyHS.ca