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Infographic: Straighten up! 7 simple tips for better posture



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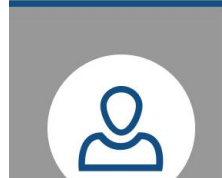
Back hurting? Try sitting up straight.

Easier said than done, maybe. But good posture lets you move in ways that put the least possible strain on the muscles and ligaments in your back, which in turn helps prevent muscle strain, pain and fatigue, [according to the American Chiropractic Association](#). And that has all kinds of health benefits, [says the Cleveland Clinic](#), including keeping bones and joints in alignment and preventing backaches.

Here are a [few tips](#) for improving your posture from [the American Chiropractic Association](#), [Mashable](#) and [Health](#):

7 SIMPLE TIPS FOR BETTER POSTURE

Feel like you're in a slump – when it comes to your back? Here are a few tips to get yourself sitting up straight.



Pull your shoulder blades back and down, which helps you avoid getting rounded shoulders.



Keep your ears in line with your shoulders, rather than letting your neck jut out or droop down.



Try this easy exercise, in the morning and at night: Lie on your back on the floor and make slow "snow angel" motions with your arms for two or three minutes.



When sitting, keep your feet on the floor or a footrest. Don't cross your legs.



Strengthen your core – the muscles of your abdomen and pelvic area – with pilates or yoga.



Don't sit for long periods of time. Take regular breaks to get up and move every half hour.



Avoid sleeping on your stomach. Instead, sleep on your side with a pillow between your legs, or on your back with a pillow under your knees.

Sources:

American Chiropractic Association: <http://www.acatoday.org/Patients/Health-Wellness-Information/Posture>

Health: <http://www.health.com/health/gallery/0,,20446224,00.html>

Mashable: <http://mashable.com/2014/05/27/posture-office-tips/#WG.6LgIF.ZqC>

Infographic by Margret Aldrich and Amanda Keim-Morrison, PresentNation



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