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Why Good Posture Is Straight Up Good For You

By **Goldie Poll** - April 3, 2019



Have you ever wondered why your mother always told you to stand up straight? Well, that's not an old wive's tale. There are many benefits to good posture. Scroll down for just a few.

Avoiding Problems Later

Getting used to good posture while you are still young can help you avoid back and muscle pain in the future. Keeping your muscles and joints working in their optimal alignment also helps prevent strain and overuse, which will help you avoid problems later on in life. Bad posture can put a strain on the muscles and bones in many different parts of your body, including your jaw, shoulders, back, hips, and even feet. If you want to avoid torn rotator cuffs, plantar fasciitis, and general fatigue, improve your posture and take your future into your own hands.

Improved Muscle and Bone Health

Additionally, sitting upright helps strengthen your muscles, leading to overall improved muscle health and strength. It can especially help strengthen your core muscles, which will even help you look thinner. Properly aligned postures assure that your muscles are supporting your body as they are supposed, rather than your bones which can cause problems.

Better Circulation and Digestion

Better posture can help regulate your circulation and digestion. When you're not slouching, you are not squishing together your internal organs. Hence, improved digestion.

Better Breathing

When you improve the alignment of your spine, you also improve the alignment of the systems that help you breath, which allows for improved airflow to your cardiopulmonary systems, which improves the flow of oxygen to all of your other systems. It also helps increase your overall lung capacity, which is especially good for swimmers or scuba divers.

Think Harder

Increasing oxygen to your body can also help you increase your workflow. More oxygen will also flow to your brain, which can help improve your ability to concentrate. It can also lessen your recurring headaches – bad posture can strain the muscles in your neck, causing those headaches. It is certainly easier to think when your head doesn't hurt, right?

Feel Better, Look Better

Having good posture not only improves your overall health, it also makes you look better. A Harvard University study even found that having good posture correlated with higher testosterone and lower cortisol levels. With your back straight and your shoulders standing tall, you will look ready to take on the world, or at least, the day.

Read more:

- [GLOWED UP: Seven Secrets to Healthy Skin](#)
- [Giving my Heart to Hemp Hearts](#)

Comments

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