

Empower Minds.
Strengthen Bodies.
Inspire Creativity.

The recommendations listed below should be followed on a daily basis to minimize the stress/strain you put on your posture/spine. These should be performed until they become routine.

Laying down.

- As you move or stand, consciously pull your belly button inwards towards your spine when you move. Do not pull too hard.
- When you get into bed, start to lay down going towards one side and control this with your arms while at the same time, bringing your legs up onto the bed. (Pull your belly button in as you do this). Keeping your knees bent, roll onto your back.

Reverse this process to get up.

- When coming from sit to standing, move to the front of the chair first. Bring your feet under you . Keep your spine straight with your chest up, and your tummy in. Use your legs to stand up. Try not to sway forward through your chest or hips.
- Place equal weight through your feet and legs when moving sit to stand.
- Place one pillow between your knees when you sleep if you sleep on your side.
- To sit in your car, pull your tummy in and bend through your hips and knees to sit first, then lift your legs in. **DO NOT STEP INTO THE CAR.**

