

INFORMATIONAL SHEET

World Spine Day: Straighten UP Canada

Canadian chiropractors are encouraging you to “Take 3 at 3”. A simple three minute break towards the end of the workday at 3:00 p.m. to perform a few stretches and exercises can help improve your posture and avoid low back pain. By downloading the free Straighten Up Canada app, taking a break becomes easy!

Did you know sitting puts 30 per cent more stress on your back than standing or walking? So taking an afternoon break from your desk can make a dramatic difference to your posture, and help improve your overall health.

Here are five reasons why posture is so important:

1. **Reduces wear and tear:** Having a balanced spine decreases the amount of stress and pressure on your joints, reducing the risk of wear and tear that can result in a limited range of motion or arthritis.
2. **Breathe Easy:** By avoiding slouching and sitting up straight you are helping to open your airways and increase oxygen flow throughout your body.
3. **Decreases Stress:** Since stress causes your muscles to contract and become tense, stretching those muscles reverses the tension and the related stress.
4. **Increases Energy:** Slouching puts many of your muscles into overdrive as they work to hold you up, wearing your body out. Proper posture enables the body's most efficient position, saving energy.
5. **Be Better:** Standing up straight with your shoulders back gives you the appearance of being taller and slimmer, making you feel more confident.

If you need more information on the Straighten Up app, please feel free to contact us at: oca@chiropractic.on.ca.