

## **Project a Strong, Powerful Image with Simple Posture Tips**

**By Brie Adina Neff, Owner and Senior Certified Instructor at Equilibrium Pilates**

[www.equilibrium-pilates.com](http://www.equilibrium-pilates.com)

Everyone's heard that proper posture can take off ten pounds from your appearance, but it can also affect your confidence and exude a powerful presence. In the hands of a qualified Pilates instructor, you can do more than get a good workout —you can improve your posture, reduce stress, and become more efficient at work. For that perfect Pilates posture, here are a few simple tips for everyday:

- Imagine brushing the crown of your head against the ceiling — or clouds — as you walk down the street, sit at your desk, deliver a speech, and even shop for groceries. Your bones will naturally align and you will feel the stress melt away.
- When you feel crooked or hunched, try leaning your back against a wall. Try to line every single bone of your spine against the wall (even those pesky low and middle back bones.) You can walk your feet out from the wall slightly and bend your knees slightly if it helps. Roll down the wall starting from the top of your head and then back up the wall slowly. When you roll back up, you will have perfect posture!
- Imagine the tips of your shoulders as points and stretch those points out of your body towards the two sides of the room to feel your chest open. This has the added benefit of portraying confidence!
- Remember to switch the side you carry your handbag or briefcase with. You would be surprised how those gorgeous fashion accessories can knock your spine out of alignment. Over time it can translate to added stress and pain.
- Knees hurting you? Don't cross your legs when you sit down. Instead, think of keeping your hips square, feet planted firmly on the floor, and imagine squeezing your thighs together. You'll keep your joints healthy and get a little workout at the same time!