



Why there is no “one best” posture... and how to improve yours

So if you want to take advantage of these proven benefits to live a healthier and happier life, where should you start? We know that there is a large number of different areas that can be painful when we have bad posture. Here's just a short list of them:

Most common pain areas*:

Shoulder 38%
Lower Back 63%
Neck 53%
Wrist 33%

**According to the Pain & Productivity in Today's Workplace Survey conducted by the American Osteopathic Association. The survey was conducted in March 2013 among 1,004 American office workers, aged above 18, who mostly work at a desk.*

Unfortunately there's not a whole lot of research on how exactly to adopt good posture – a lot of what we know tends to come from being told to “sit up straight” as children. A study in 1999, however, found that sitting at an angle of 110-130 degrees is optimal for spine comfort, and another in 2007 showed that leaning back at 135 degrees is ideal for preventing back strain.

If you have issues with either lower back, neck, shoulders or wrists, or all of the above, your current posture could possibly be a contributing factor. To find out if your posture is the reason for your aches and pains, please do consult Alex Feng at 6739-4312/451.



Alex

holds his personal training certifications from both the American Council on Exercise (ACE) and the National Academy of Sports Medicine (NASM). In addition, he has a number of specializations including Kettlebells, TRX, Trigger Point Therapy and Pre/Post Natal training.
