



Glute Bridges: Lie on your back with your knees bent and feet on the floor. Squeezing your glutes lift your pelvis off the floor. Your body should be a straight line from your knees to your shoulders. Hold this position for 3 seconds, then lower you pelvis but don't let your glutes touch the floor. Repeat 15 times.



Plank: Start face down on your mat. Raise onto your toes and elbows, keeping your body in a straight line from your head to your hips to your heels. Your elbows should be directly under your shoulders. Tighten your glutes and core. Hold this position for 30 seconds or until you lose proper form. Rest for 30 seconds and repeat 3 more time. Beginners can raise onto their knees instead of toes.



Find out what chiropractic care can do for you and your family!

Better posture in less than 30 days? Take the challenge!
 Perform all exercises twice per day. Place a check mark on the days you completed the exercises to track your progress.

Erin Torzewski, D.C.

The Body Well

928 Garrett St., Suite A

Atlanta, GA 30316

404.989.4756

www.dig4wellness.com

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Perfect Posture



The Body Well

Erin Torzewski, D.C.

928 Garrett St., Suite A

Atlanta, GA 30316

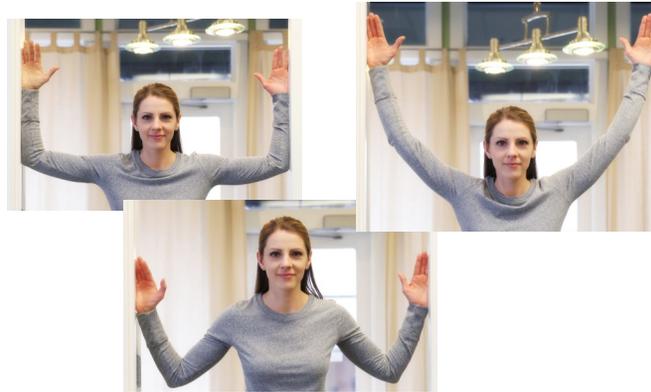
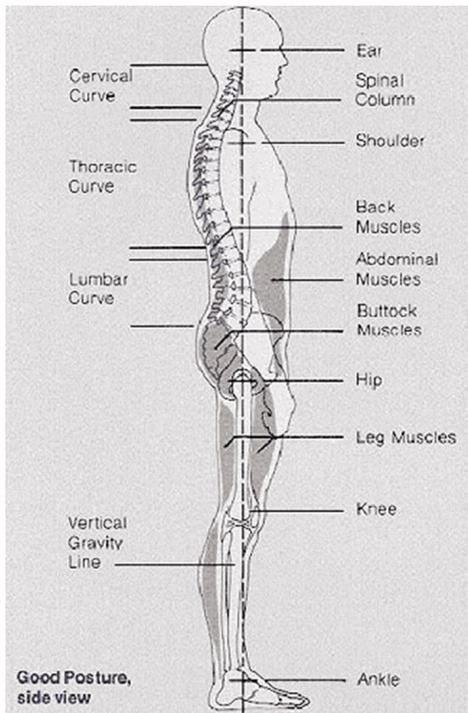
404.989.4756

www.dig4wellness.com

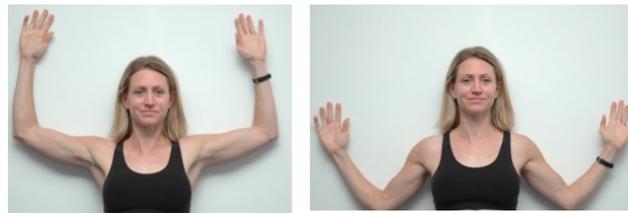


Why is good posture important?

- ◆ Decreases strain on the spine and nerve system
- ◆ Allows muscles to be used properly
- ◆ Decreases abnormal wearing of joint surfaces (osteoarthritis)
- ◆ Prevents fatigue
- ◆ Reduces risk of strain or overuse injury
- ◆ Prevents body aches and pains
- ◆ Protects your internal organs
- ◆ Contributes to a good appearance
- ◆ Prevents misalignments in your spine



Doorway Chest Stretch: Raise your arms to 90 degrees. Place your hands on the outsides of a doorway and lean forward until you feel a stretch in your chest. Hold for 10-15 seconds and repeat 2-3 times. Repeat in two more positions; arms higher than 90 degrees and arms lower than 90 degrees. This stretch can also be done one arm at a time if a doorway is not present or not an appropriate size.



Wall Angels: Start with your arms up about 90° or parallel with the ground, thumbs facing your head. Stand with back and shoulders against wall and chin slightly tucked back (not down). Keeping the 90° bend in your arms, slide your elbows toward your sides. Focus on squeezing your shoulder blades together as your arms come down. Hold 3 seconds. Repeat 15 times.



Bird Dog: Start on your hands and knees with your spine in a neutral position. Slowly lift one leg and stretch it behind you, and lift the opposite arm forward. Hold for 3 seconds. Repeat on the opposite side. Repeat both sides 10 times each.

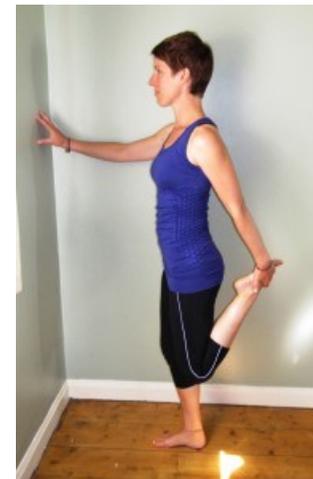


Chin Retraction: This exercise can be done against a wall or lying on a flat surface. Start with a neutral neck, then push your chin back and hold for 5 seconds. Relax for a 10 seconds and repeat the chin tuck for a total of 15 reps.



Hip Flexor Stretch: Kneel on your right knee, place your left foot on the floor in front of you. Push your hips forward until you feel a stretch in the front of your right hip. Hold the stretch for five breaths, deepening the stretch on each exhale. Switch legs and repeat. Be careful not to let your pelvis twist as you push your hips forward.

Quad Stretch: Keeping your knees together, grab your left foot with your left hand and pull towards your buttocks until you feel a stretch in the front of your thigh. Hold this stretch for 30 seconds. Repeat on the other side pulling your right foot with your right hand. Hold for 30 seconds.



The Body Well
928 Garrett St., Suite A
Atlanta, GA 30316
404.989.4756
www.dig4wellness.com