

Hold Your Posture

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Handouts -

<http://ceellis.aurorak12.org/presentations/>

Hold Your Posture

Balance Walk

Hold Your Posture

Daily Dozen Exercises For Better Posture

- 1. Maintain your core posture**
 - Balanced, not leaning forward
- 2. Sternum to Scapula position**
 - Shoulder Blades Anchored, Abs in
- 3. Proper Head Position**
 - Chin Level

Hold Your Posture

1. Core Posture

- Pull your belly in toward your spine
- 5 times

Hold Your Posture

2. Reverse Shoulder Circles

- Draw complete and full circles
- 12 times

Hold Your Posture

3. Reach and Pulls

- Use your shoulder blades to open up your chest
- Palms Down to Palms Up
- 12 times

Hold Your Posture

4. Triangles and Squares

- Hinge Arms Around
- Shoulders Down
- 12 times

Hold Your Posture

5. Front Raise and Open to a W

- Arms Begin At Your Side
- Raise Up Front
- Open to a W
- 12 times

Hold Your Posture

6. Right Angle - Box – Open Up

- Right Angle In Front of Your Face
- NO Traps – Keep Shoulders Down
- 12 times

Hold Your Posture

7. Upper Body Trunk Rotations

- Alternating Reach & Pulls
- Shoulders Level – Forward
- Abs - Tight
- 12 times each direction

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8. Right Angle Rotators

- **Maintain Right Angle**
- **Elbows at Your Side**
- **Rotator Cuff – Hinge Elbow Out From Your Waist**
- **12 times**

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9. Neck Rotations

- **STOP in the Middle**
- **Do Not Force Your Range of Motion**
- **5 times each direction**

Hold Your Posture

10. Lateral Neck Flexion

- Keep Shoulders Down
- Ear to Shoulder
- 5 times each direction

Hold Your Posture

11. Upper Trap and Neck Stretch

- **Keep Shoulders Level**
- **Grab Your Hand Behind Your Back**
- **Push Down w/ Held Hand and Resist**
- **Ear to Shoulder**
- **Move Head Forward Slowly**
- **30 seconds each direction**

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12. Wrist – Forearm Stretch

- Palms Together
- Alternate Pushing Against Other Hand
- 3 times each side
- 3 times rotating forward
- 3 times each side

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Better Posture Video

\$20.00 @ Convention

20% off through my website

Use 20% off Discount Code **ceco1** to purchase a Daily Dozen for Better Posture DVD, go to: <http://www.betterposture.com/>

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Tai Chi – Pushing Hands