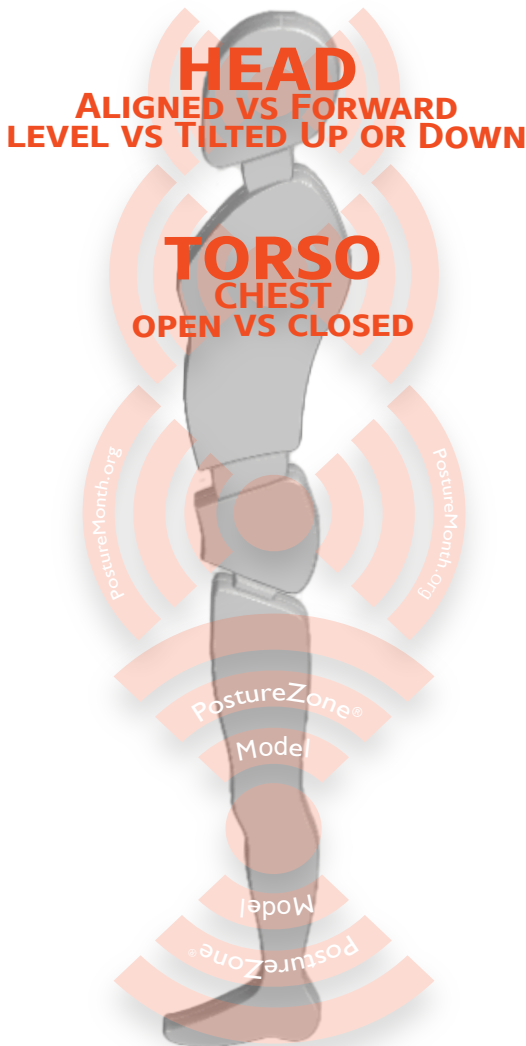


### How's your Upper Body Posture Awareness?



The problem isn't bad posture. The problem is not correctly feeling and controlling the subtleties of where your posture is in space.

Your interoception is literally how you feel what you feel. It's your brain monitoring everything happening in your body.

20% of the energy we get from food goes to the brain, and only a small fraction goes to thinking. It's unconscious, but all day our brain and muscles work to keep our body from falling down- even when we're simply sitting in a chair.

Most of the brain's energy goes to regulate posture and other unconscious functions like digestion, circulation and breathing. Moment by moment, interoception is how the brain knows what to do.

You may never pay attention to your posture, but over time, subtle errors of awareness and control cause mechanical joint stress and asymmetric muscle strain. Especially in today's tech world, a common result is neck, back and other postural pains.

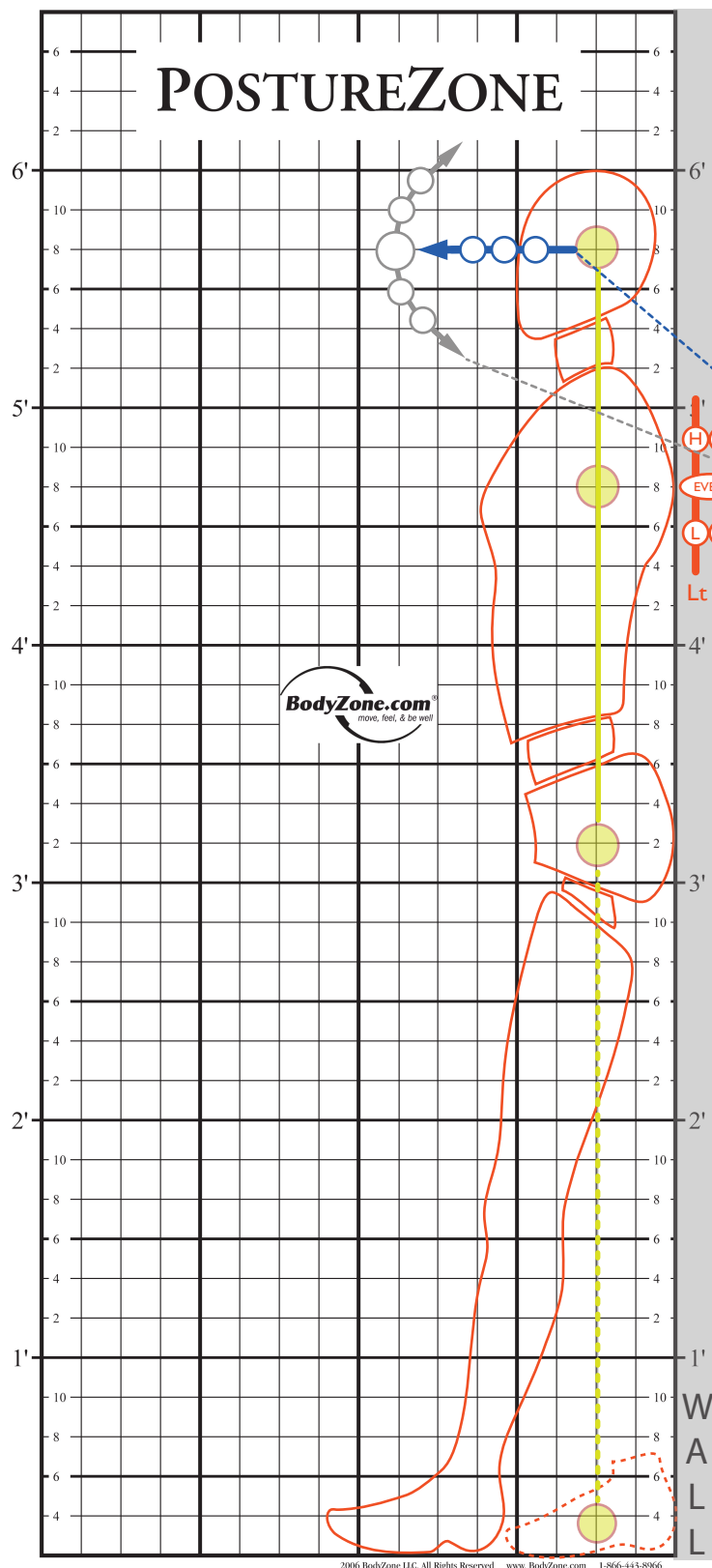
### How you hold your body, molds your body

Being aware of your body's true position is the first step to reducing postural stress, feeling better and standing taller.



# Get Posture Aware

## Try This: Where's the wall? Where am I?



- 1- STAND TALL! one foot-length from a wall
- 2- PELVIS: Reach back & rest buttocks on wall  
Feet straight, knees locked
- 3- TORSO: Shoulders to wall, chest open, palms forward
- 4- HEAD Level, Eyes straight ahead

Focus on feeling the wall.  
Mark a circle on each line for:

A: How forward does your head feel?

B: How tilted does your head feel?

C: How even do your shoulders feel?

Does one shoulder feel high (H) or low(L)?

H H  
EVEN  
L L  
Lt Rt

People with forward head posture, forward head breathing and other posture adaptations may notice difficulty keeping eyes &/or head level, or keeping torso against the wall with shoulders down.

Ask your friend to take a side view picture- you may be surprised to see yourself as others do.

Strengthen your posture with the  
31 days to Stronger Posture Challenge on  
[PostureMonth.org](https://PostureMonth.org)

