Benefits of Good Posture

1. Improves your mental health
2. Strengthens the abdominal and lower-back muscles
3. Moreover, it strengthens the shoulders and upper back
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Wall Angle

Exercise for Posture of Shoulder

Grab your dumbbell or kettlebell. Lean back around 15 degrees. Clasp your hands. Your shoulders up, then start rolling your body forward against the wall. The wall angle will stretch out your chest and shoulders and strengthen the muscles in your back (especially rotator cuffs, lats, and trapezius). Wall angle is the best exercise for posture of shoulder.

Side Plank

The side plank concentrates more on the oblique. Sit on the floor next to your right shoulder with your elbow flexed with the bottoms of your toes on the floor. Your head in any direction, your feet can be a comfortable distance (a yard or so). Rise up on your toes so that only your forearms will hover a few inches, clasp your hands, such that your face, forearms will be such that your neck does not to tip the head back or extend it toward the ceiling. The body should make a straight line posture from your heels to the top of your head. The body should hover a few inches and press up into a plank. Take a deep breath then forward in a rolling motion. Repeat for eight to 12 times.

Benefits of Good Posture

Good posture shows your personality level, looks and feel smarter. Our muscles and bones get strengthened. Our muscles and bones distribute the force of gravity down gravity exerts a force on our joints, ligaments, and muscles. Whether we are standing or sitting, the present force of gravity. Whether we are standing or sitting, the force of gravity is always present, both on the standing and sitting postures. Good posture for posture refers to the body's alignment from your heels to the crown of your head to the floor. The body should make a straight line posture from your heels to the top of your head. The body should hover a few inches and press up into a plank. Take a deep breath then forward in a rolling motion. Repeat for eight to 12 times. Note: If you are a beginner do not lift your feet.

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