

Personal Training by Robert J. Bovee

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IMPROVE YOUR POSTURE

A forward slant of the shoulders has always been a potential problem for certain seniors who sit and perform every day activities hunched over year after year. Their upper chest and front shoulders tighten up, while the back and rear shoulders stretch from the constant hunched posture.

To counteract this posture you would need to focus on the opposite posture. You should stretch your chest and the front of your shoulders as well as strengthening and shortening the muscles in your upper back and rear shoulders. To strengthen any muscle, resistance training is the most effective.

Stretching is the easiest part. You can do it almost anywhere. Stretching should always be done slowly and in a controlled manner. Do not stretch until it hurts, especially when stretching your shoulders. The shoulder joint is one of the most vulnerable joints in the body. Always be careful when stretching them.

If you have a slight stoop today, will it become a dowager's hump in the future, with painful collapsed vertebrae that are extremely painful and possibly beyond repair? Why take chances? Strength training can help prevent this collapse by increasing bone density and strengthening your muscles to help you maintain good posture.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.