

Home Practice Week 3

Exercises:

Do the following exercises once per day, every day this week. For detailed instructions on each move, watch the week 3 instructional video.

- 1) Chest Opener – 10 times
- 2) Rear Shoulder Strengthener – 10 times
- 3) Wall or Doorway Chest Stretch – hold 5-6 breaths each side
- 4) Standing Cobra with hands clasped (or strap) behind the back – hold 5-6 breaths each side

Lifestyle:

Exercise is important, but what really “adds up” is what you do the remaining 95% of your day! Implement these changes (or become more aware of them) throughout your day.

- 1) **Improve your mood.** If we are in a bad mood, stressed, anxious or depressed it will show in our posture. Use techniques like meditation, breathing exercises and deep relaxation to improve your outlook and your posture.
- 2) **Spend time with friends.** Connecting with others is key to living a long vital life. Share your posture habits with a friend or loved one and ask for their guidance to keep you on track.
- 3) **Don't hold your breath.** Breathing fully during exercise and at rest is like a massage for your insides (organs, muscles, tissue). It brings health and vitality to your heart, abdominal and pelvic regions.