

Beautiful. Tall. Proud.

*A 30 Day Step by
Step Postural
Enhancement
Program*

Life can be busy.

.....
When do you get time for
yourself?

How often do you bend over
backwards for others?

.....
Together we can help
balance the stress
and strain of life.

30 Day Postural Challenge

3 Awareness and Wanting

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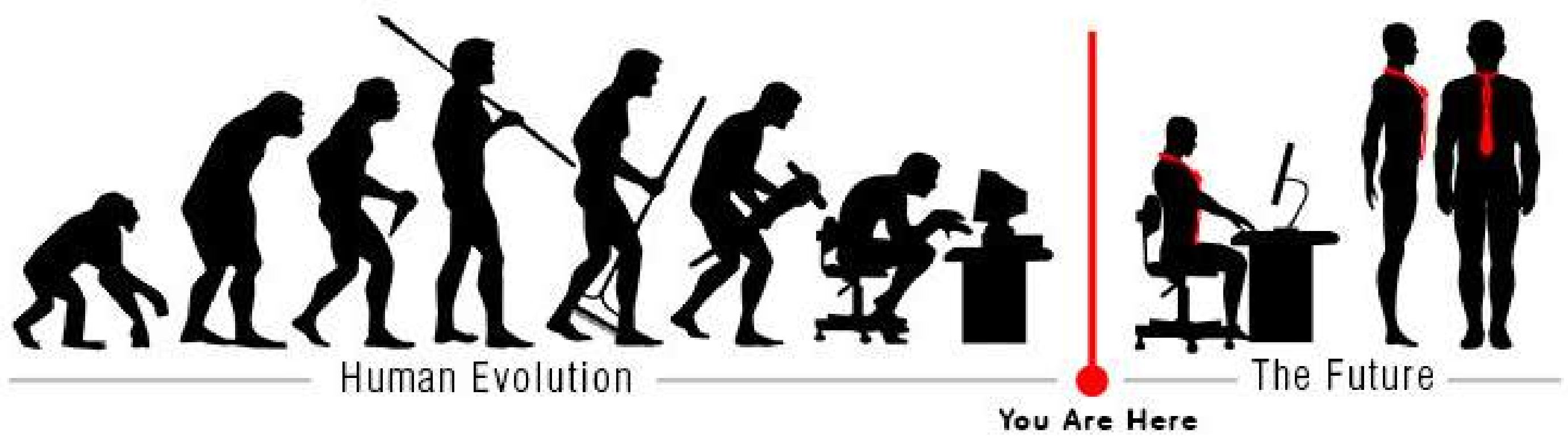
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1

Awareness and Wanting

"Whether you think you can or whether you think you can't, you're right." Henry Ford



Thank you and welcome to 30 days that cannot just change your posture, but change your life.

That might sound grandiose however, your posture is directly linked to: brain function, your immune system, muscle fatigue, nerves, the central and peripheral nervous system, how we absorb and respond to stress/tension and the speed of degeneration and the weakening & wearing away that progressively happens with time,

This **30 day challenge is broken into 5 main parts.**

Although scheduled as 30 continuous days, feel free to chop, change and enjoy the process.

Find out what works and feels best for you along the way.

The target here is **the curse of the 21st century- rounded shoulders, hunch back, text neck and fatty neck.** Chances are if you sit at all this is you! So let's create the change.

Day 1- Nothing changes until you do. The fact that you are wanting to change your posture and are willing to do the work is a great first step! Being aware of how much you are slouching is a great first step to creating change. Catching poor posture and reminding yourself to **POSTURE UP** throughout the day is a key to creating change.

Apps like Posture Zone allow you to set and program reminders around your personal calendar providing a reminder to check in with your posture.



Day 2- Having a phone that is going to remind you is one thing, but what other life hacks can you add to your life reminding you to POSTURE UP throughout the day?

Setting the rear view mirror in the car high, especially first thing in the morning means you can only see out the rear window when sitting tall. The trick- when getting back in the car at the end of the day, don't change the mirror- change your posture and POSTURE UP instead.

Use the top shelf to store common groceries, dining wear and even clothes that

you use regularly. This forces you to reach up, extend and change muscle tension. It also prevents muscular creep from building up which otherwise tightens and stiffens as the day progresses.

Even hanging the washing out on the line. On the great Australian Hills Hoist, crank the height to reach high overhead. For those using portable lines, try pegging an entire load of clothes up, while balanced on your knees, keeping yourself upright and extending from your back and shoulders. First time around it will seem like a workout!

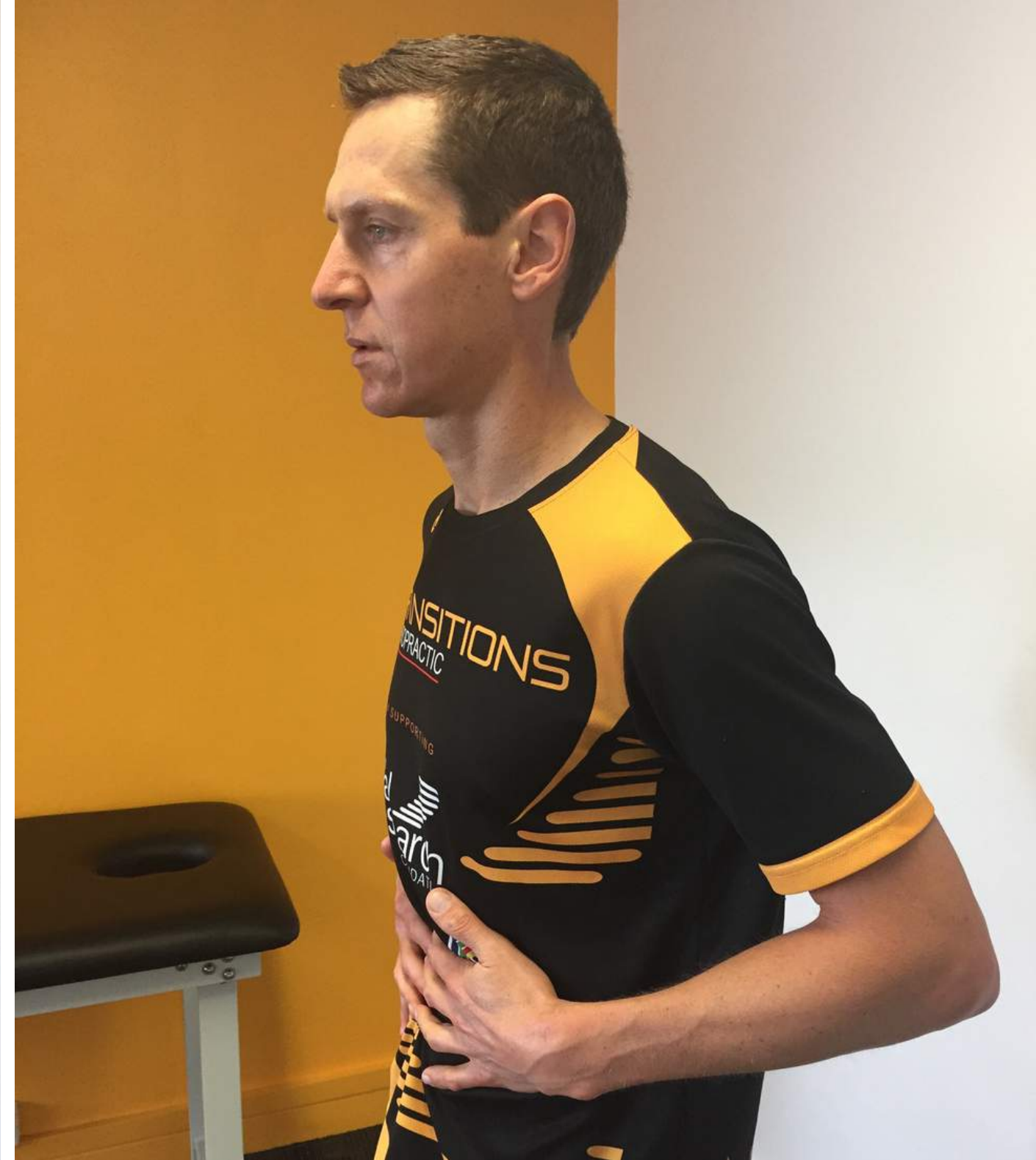
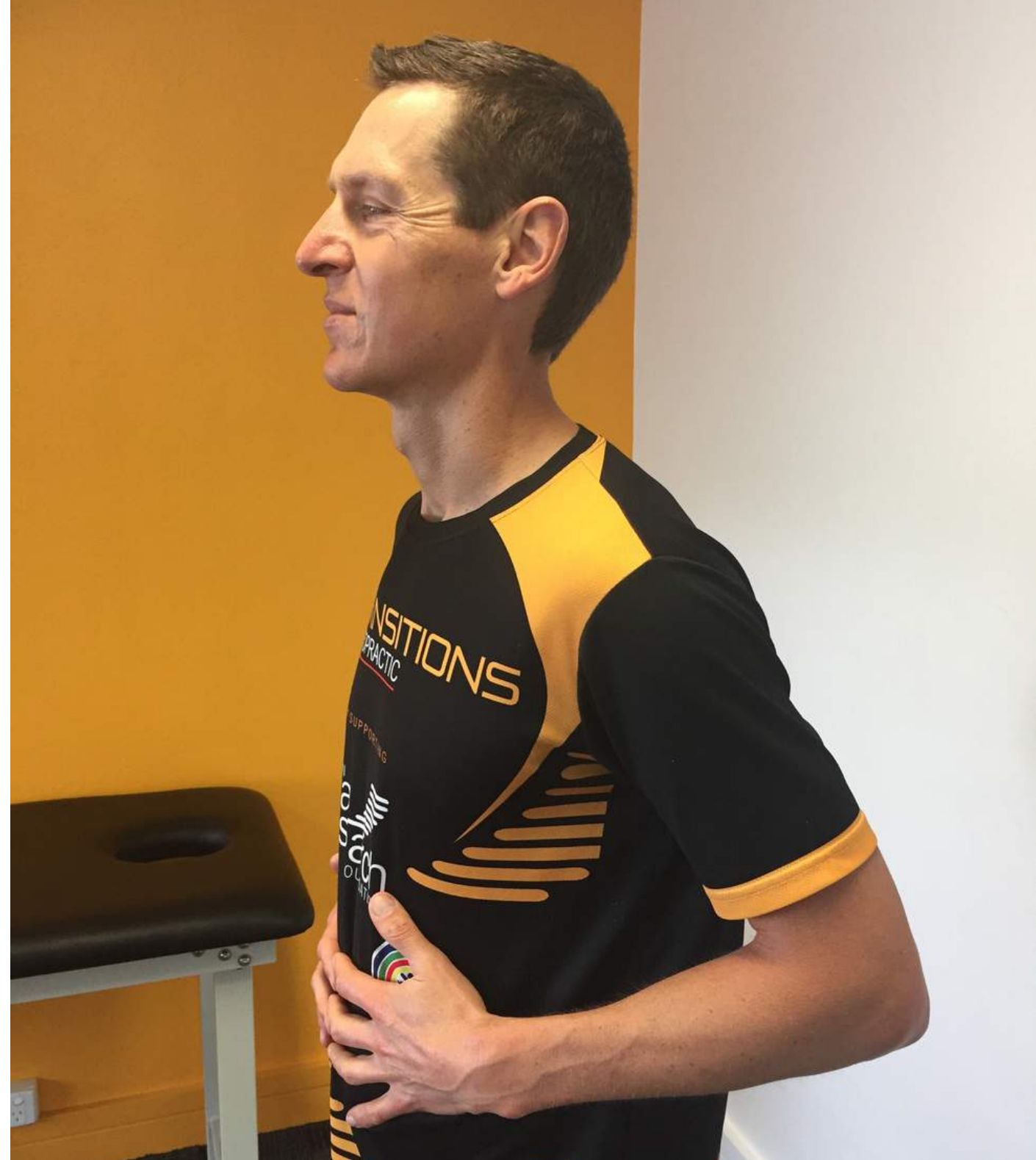
A silhouette of a person's head and shoulders is positioned on the left side of the frame, looking out towards the right. The background is a vibrant sunset over the ocean, with a gradient from pink and orange at the top to a bright yellow and white glow near the horizon. The water's surface is dark with shimmering reflections of the sun.

2

Power of Breath

"Breath is the power of all things, I breathe
in and I know good things will happen"

Tao Porchon Lynch



It all starts with the breath.

That's right, if you want to change virtually any aspect of your life from mental clarity, sporting performance or posture, start with the breath.

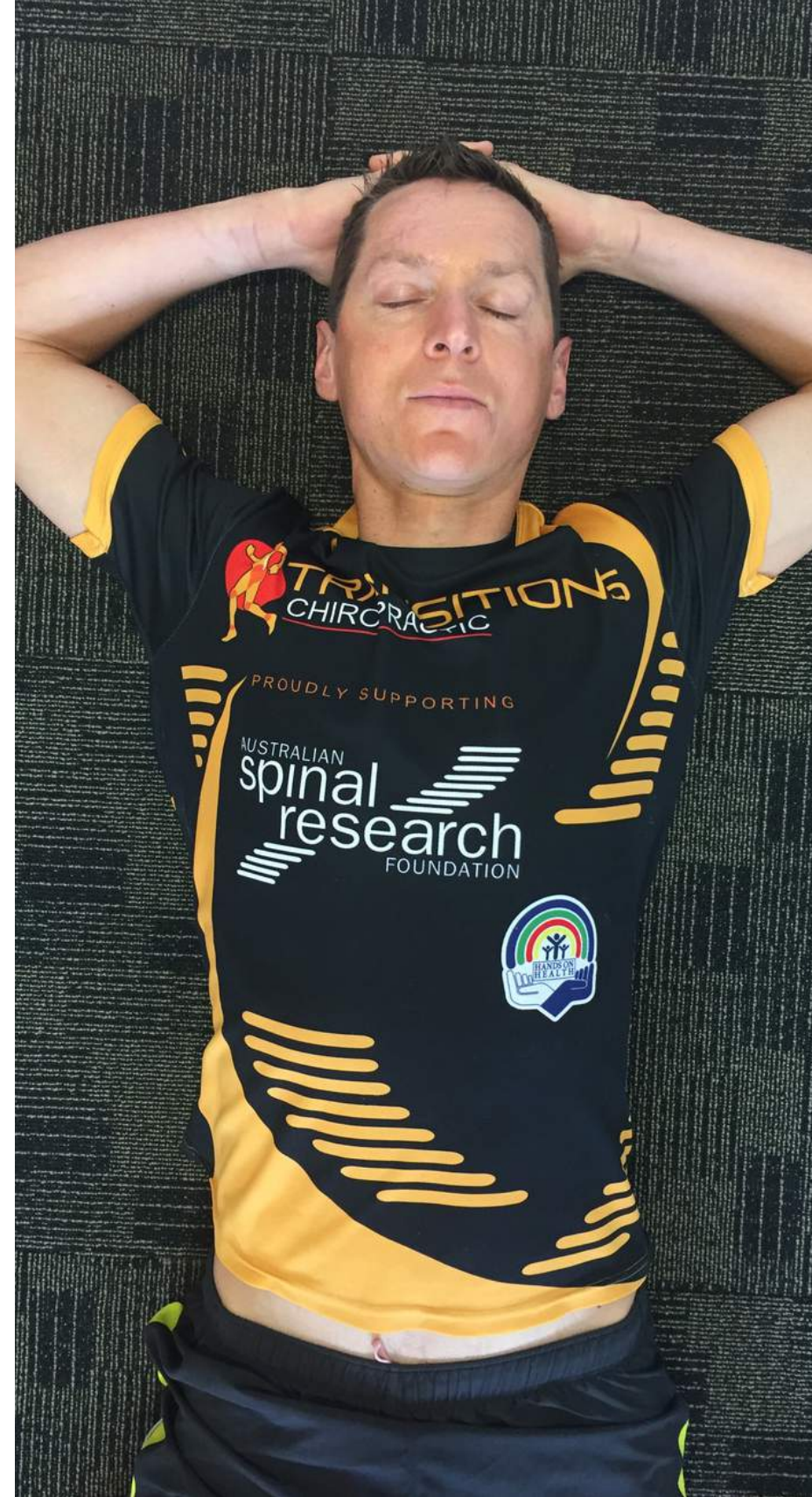
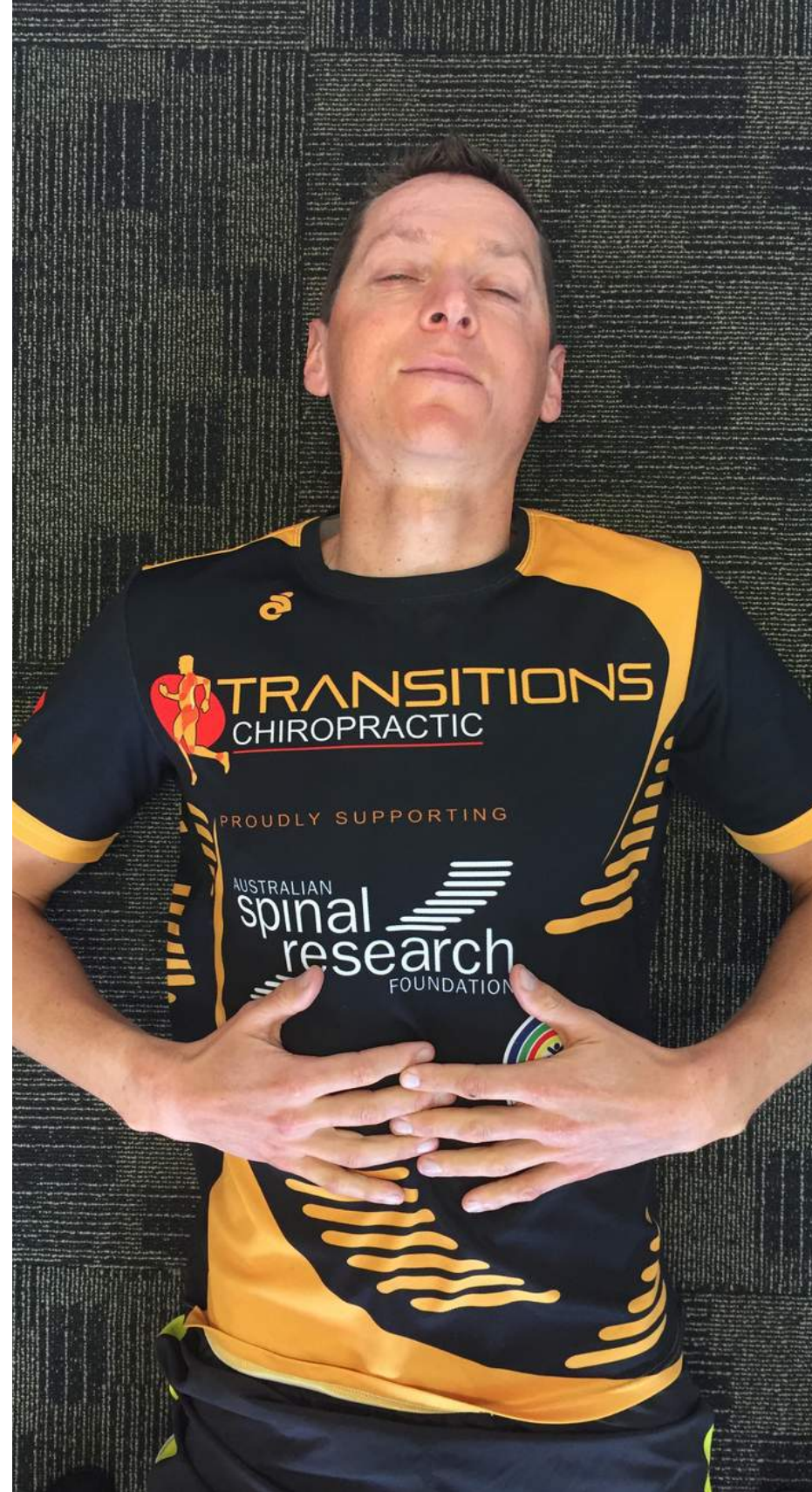
Your lungs form an integral part of your true core muscles especially as the diaphragm anchors the ribs, mid back and abdominal cavity. Breathing deeply through the diaphragm creates stability through the mid and lower back, creating a more mobile spine throughout.

Conversely, shallow chest breathing tightens the shoulders and pecs dragging the shoulders inward.

Day 3- Today just take 3 deep breaths. Feel the breath in and out through the nose, allow the belly to expand both up and outwards as the ribs fully expand and open.

Try to feel the breath all the way, from it's beginning on the in breath, through to the pause in between and all the way through the exhalation to the pause at the end. Aim to have the exhalation twice as long as the inspiration.

It's just 3 breaths, make it count. Even as little as 3 deep breaths can help switch from a tensed fight/flight state to a relaxed, rebuilding parasympathetic state.



Day 4- Still focusing on the breath, the change here is to take 10 belly breaths in and out through the nose lying flat on your back.

Aim to do this twice today. Start with your fingers lightly touching over your belly, feel the fingertips come apart as your rib cage opens and expands upward and outwards.

Day 5- As above, go for 10 full nasal breaths lying down twice today. This time interlock your fingers on your head, while still feeling and focusing on the ribs and diaphragm expanding upwards and outwards on inspiration.

Day 6- Time to stand up. Focusing again on 10 deep breaths- stand tall with your hands on your head, fingers interlocked. It's harder to feel the rib and diaphragm movement when standing, be patient.

Fantastic!! You are breathing! It is funny to think of breathing as a skill, but it is something that many of us need to train.

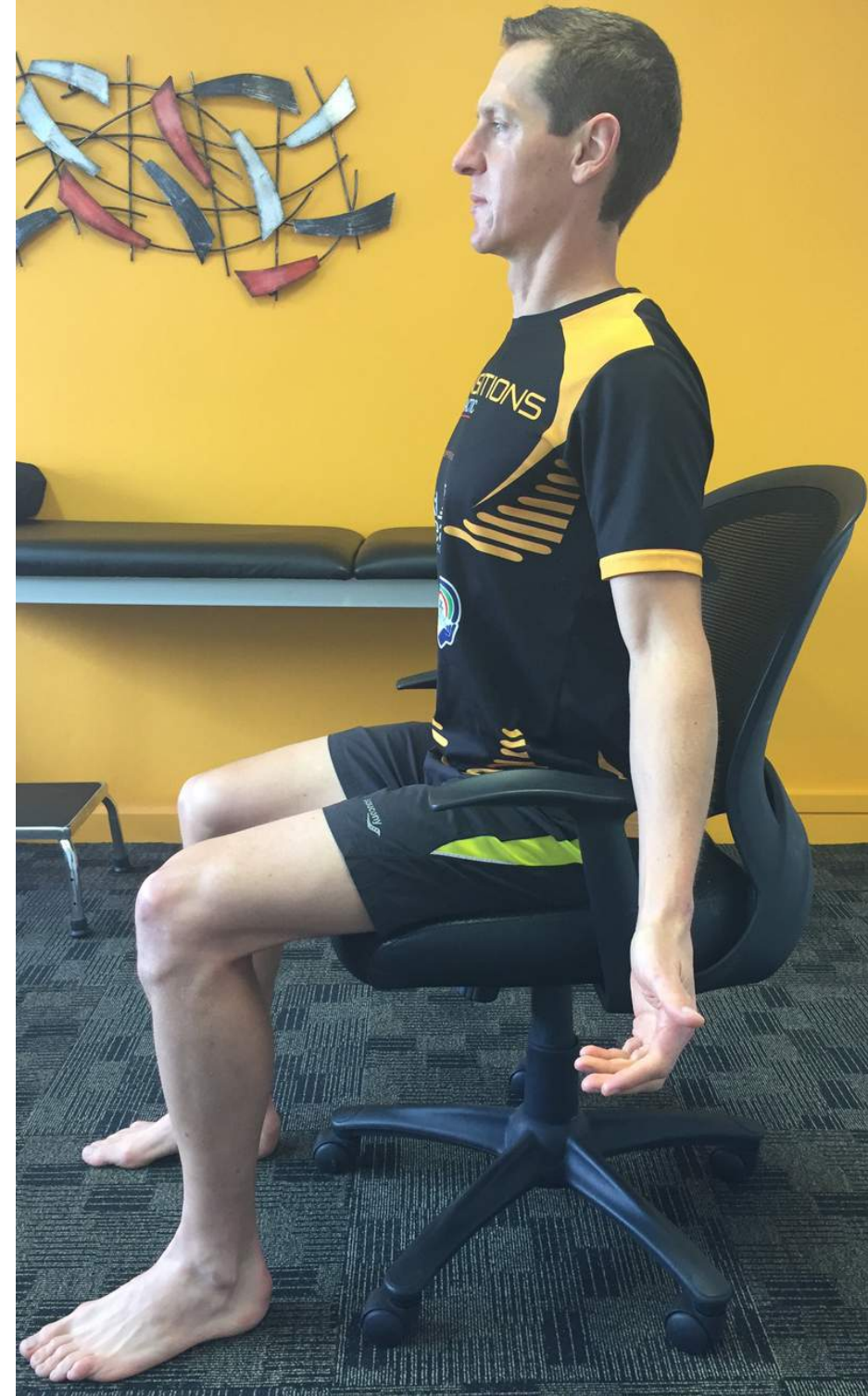
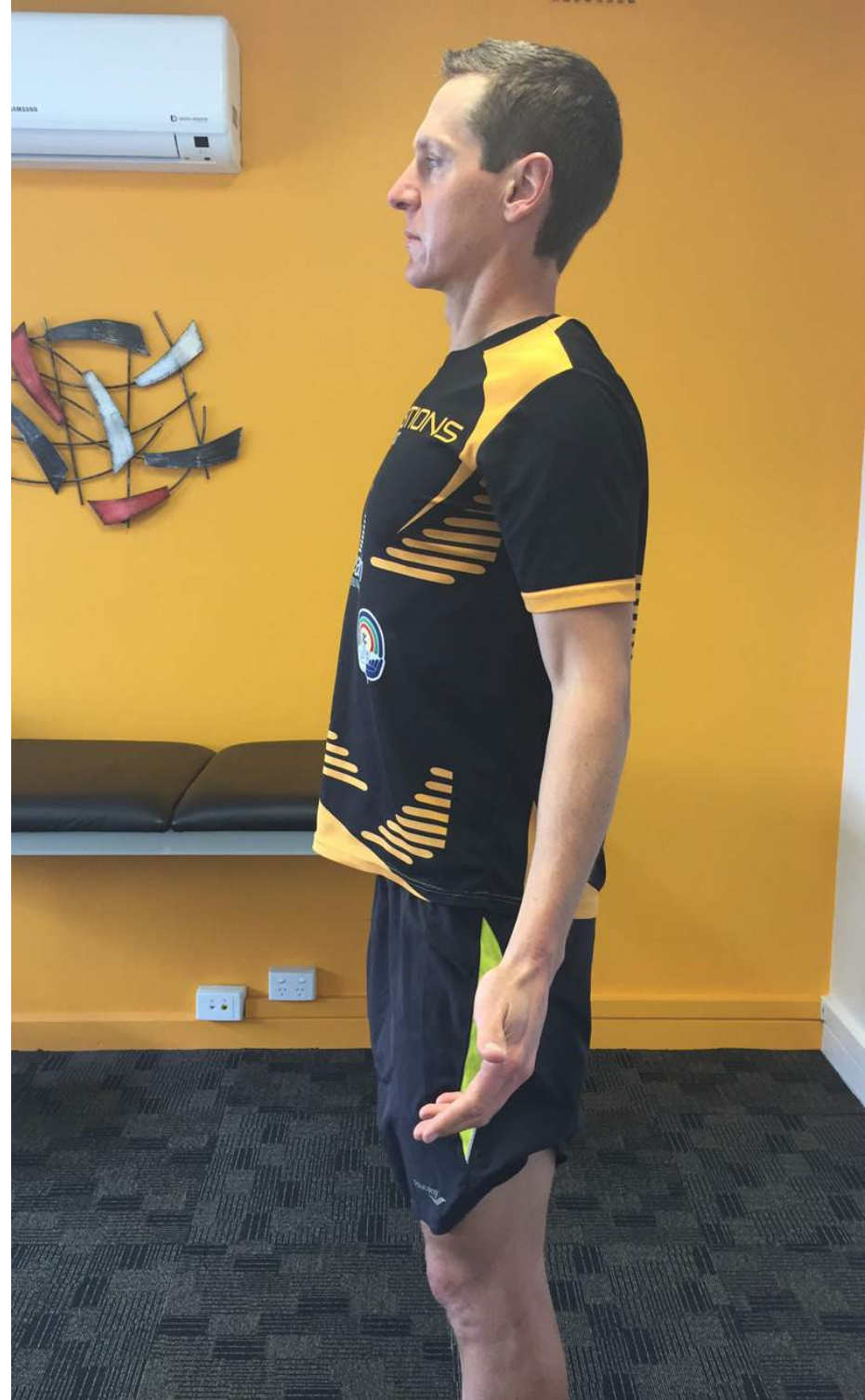
Linking your posture to your breath will certainly help create a new you!

A hand in a dark suit sleeve is shown from the top right, holding two thin white strings. These strings are attached to a small, light-colored wooden mannequin figure. The mannequin is positioned in the lower half of the frame, appearing to be suspended or controlled by the hand. The background is a solid dark color.

3

Perfect Posture

"First move well, then move often"
Gray Cook



Perfect posture. Trying to be perfect 24/7 is doomed to fail. Instead focus on the deliberate practice of improving each and every day. The goal here is to drip feed the potential for change through your nervous system and muscles creating a change over time.

Day 7- Today grossly exaggerate perfect posture for as little as 15 seconds and repeat 3x throughout the day.

Quoting Gray Cook, "first move well, then move often." Although posture is simple, don't be confused, holding PERFECT POSTURE is a skill.

Stand or sit as tall as possible, keeping your head inline with your shoulders or even tuck your chin a little.

Really pull your shoulders back and feel a light squeeze between the shoulder blades. Feel the strong cord of muscle support from your pelvis to your rib cage and don't forget to still breathe. Welcome to PERFECT POSTURE.

Day 8- Let the drip feeding begin. Up the length of the PERFECT POSTURE hold to 30" 6 x today.

Day 9- Challenge Day!!! You are already kicking goals. Now my question is can you embrace it? Can you hold perfect posture 3 x 60" today in various positions?

Can you hold perfect posture for 60" sitting, driving and standing?

We believe your body is designed to move, work, and play!



Want a kickstart in changing your posture?

Call Transitions Chiropractic on 4926 1101 and reserve your Initial Chiropractic appointment.

Chiropractic is great tool to help you unlock your body, greasing the groove to easier unrestricted movement.

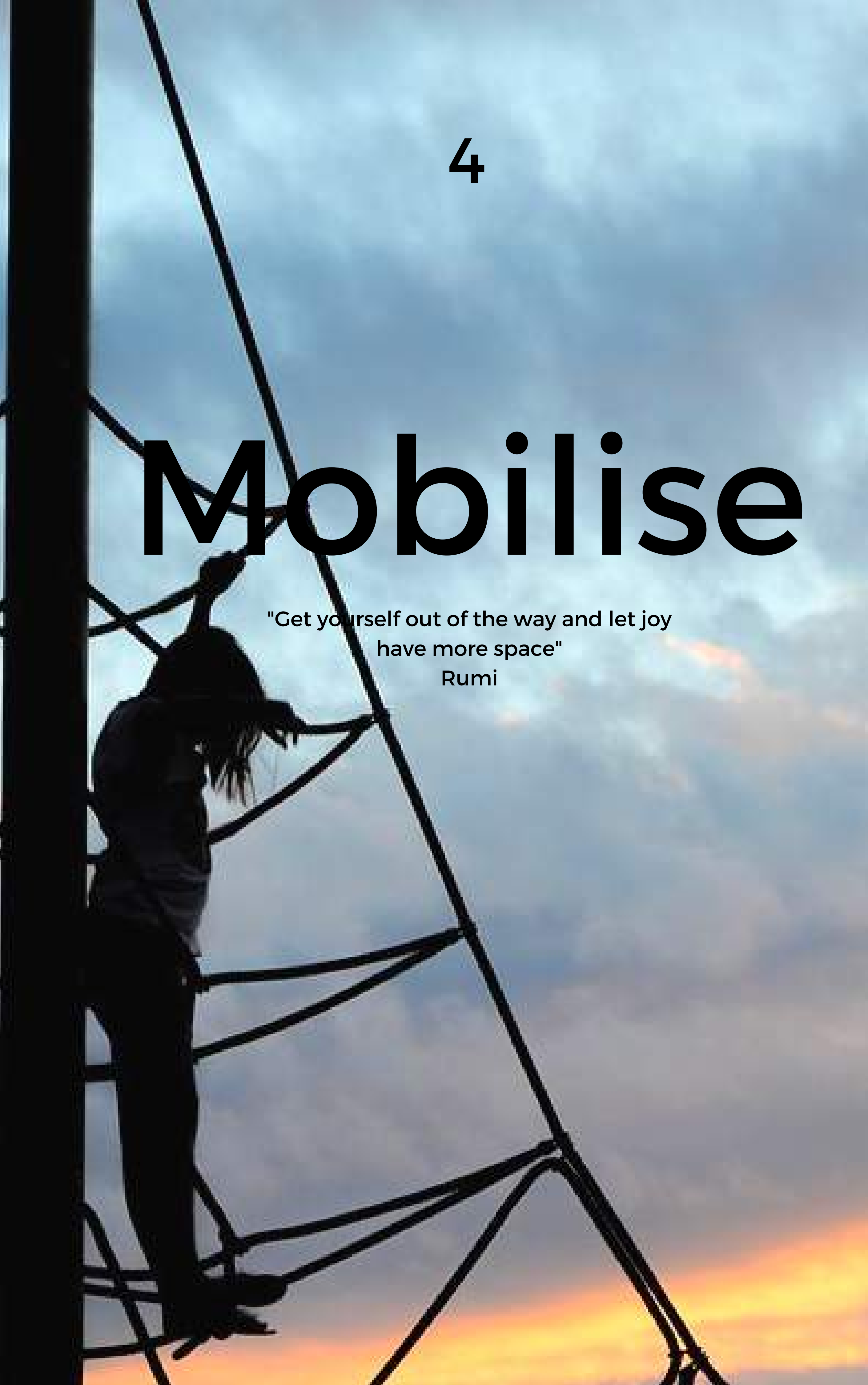
Call **4926 1101** or alternatively [click here to reserve your appointment today.](#)

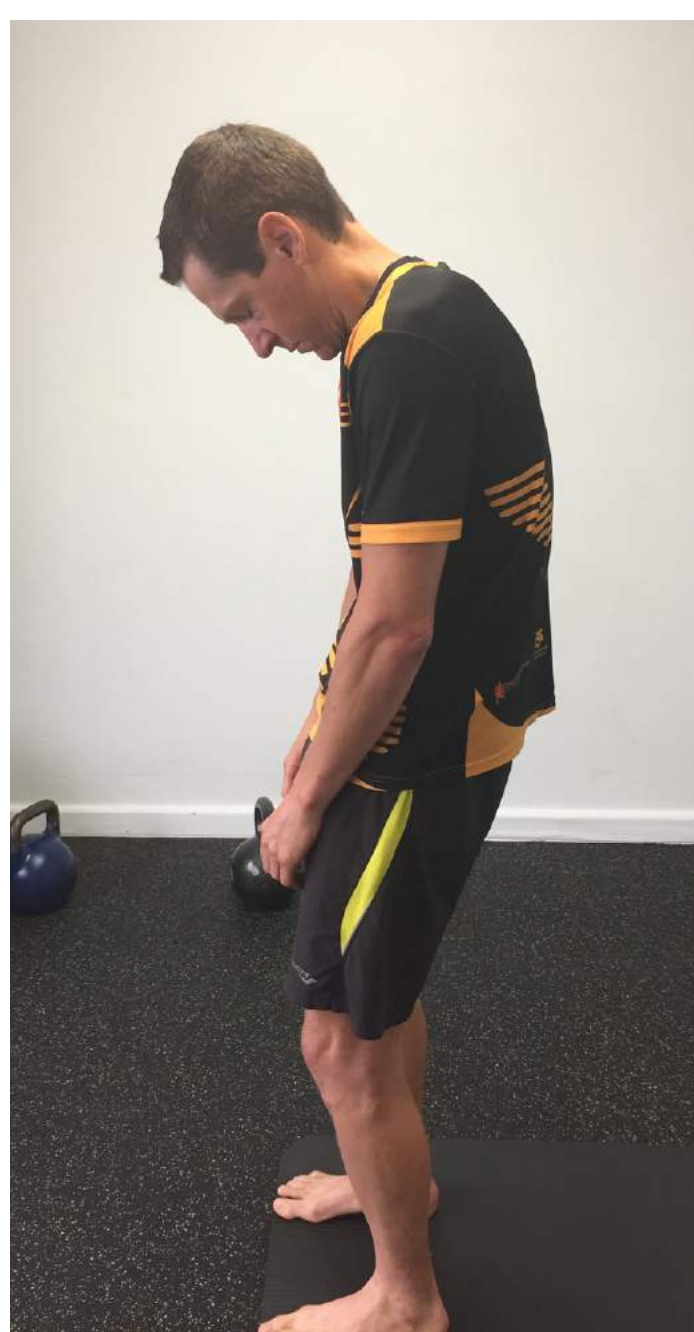
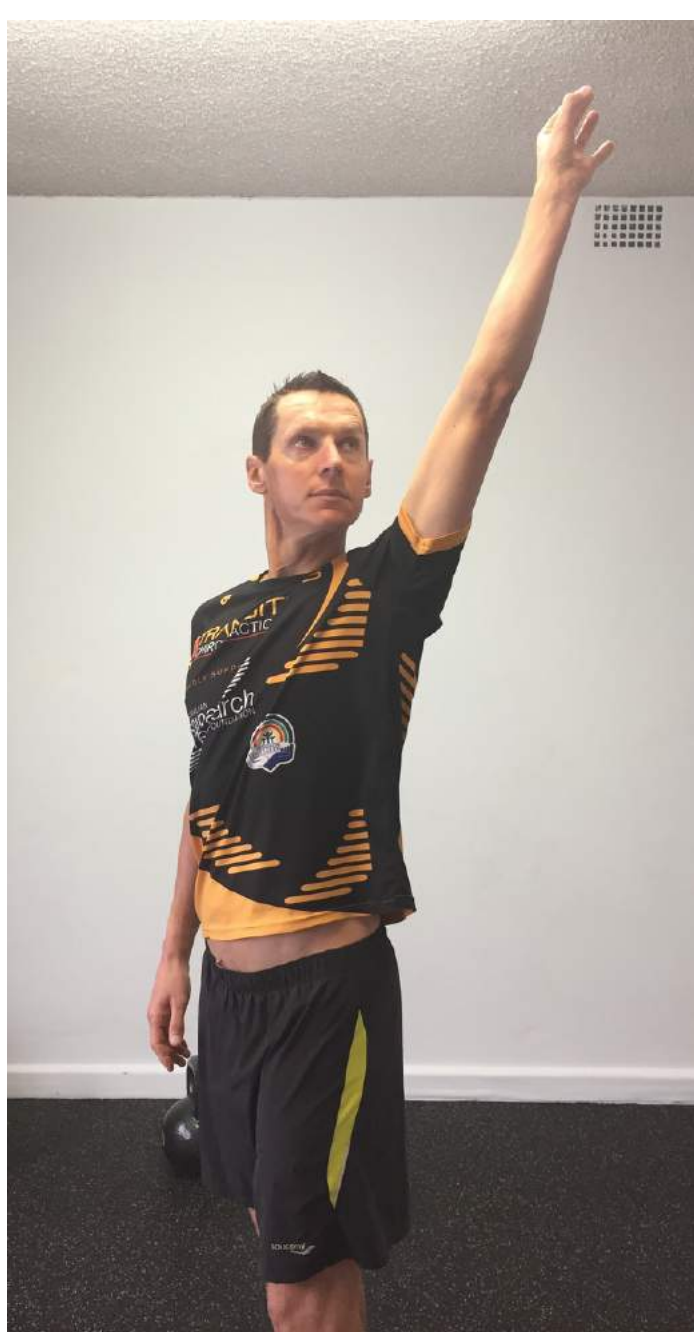
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Mobilise

"Get yourself out of the way and let joy
have more space"

Rumi

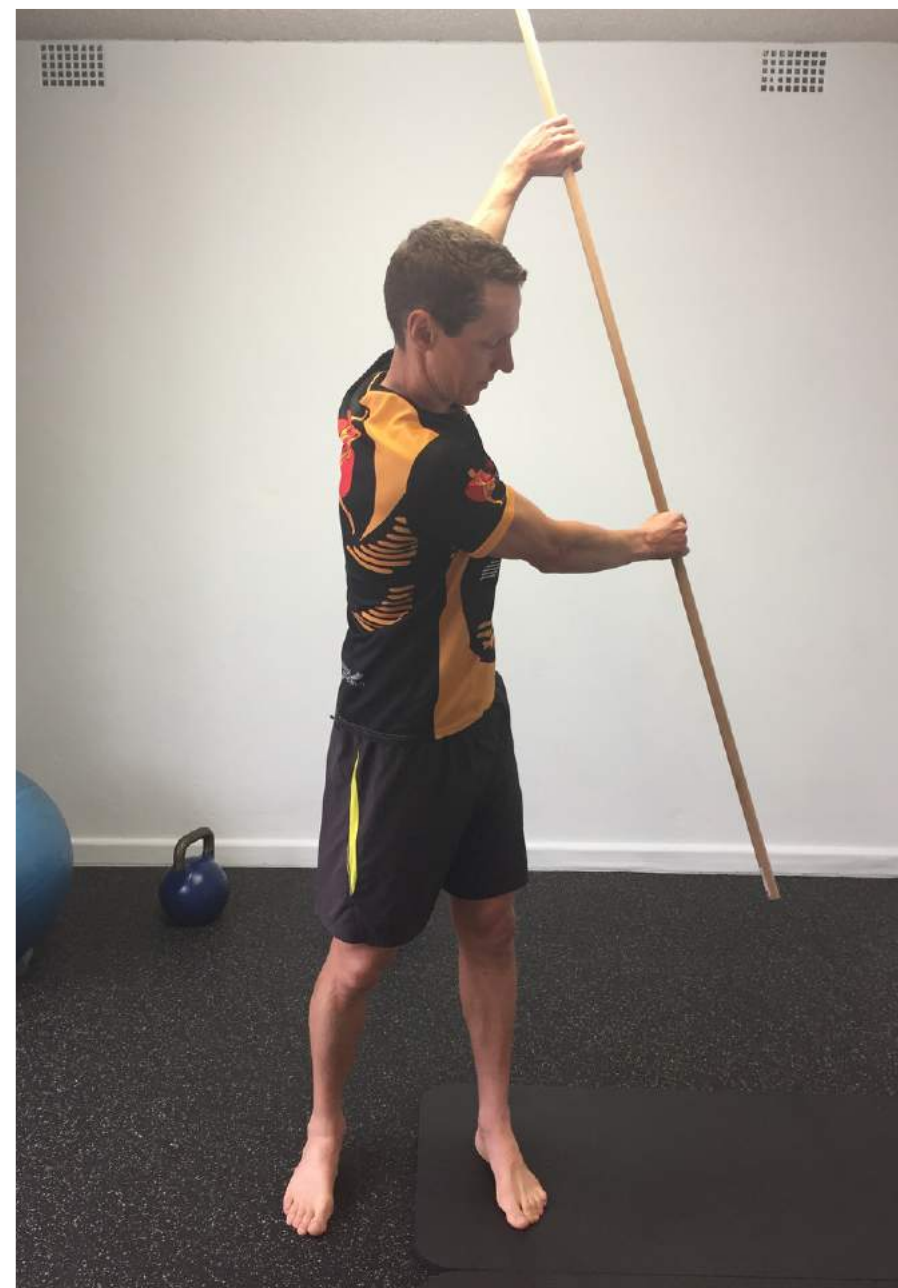
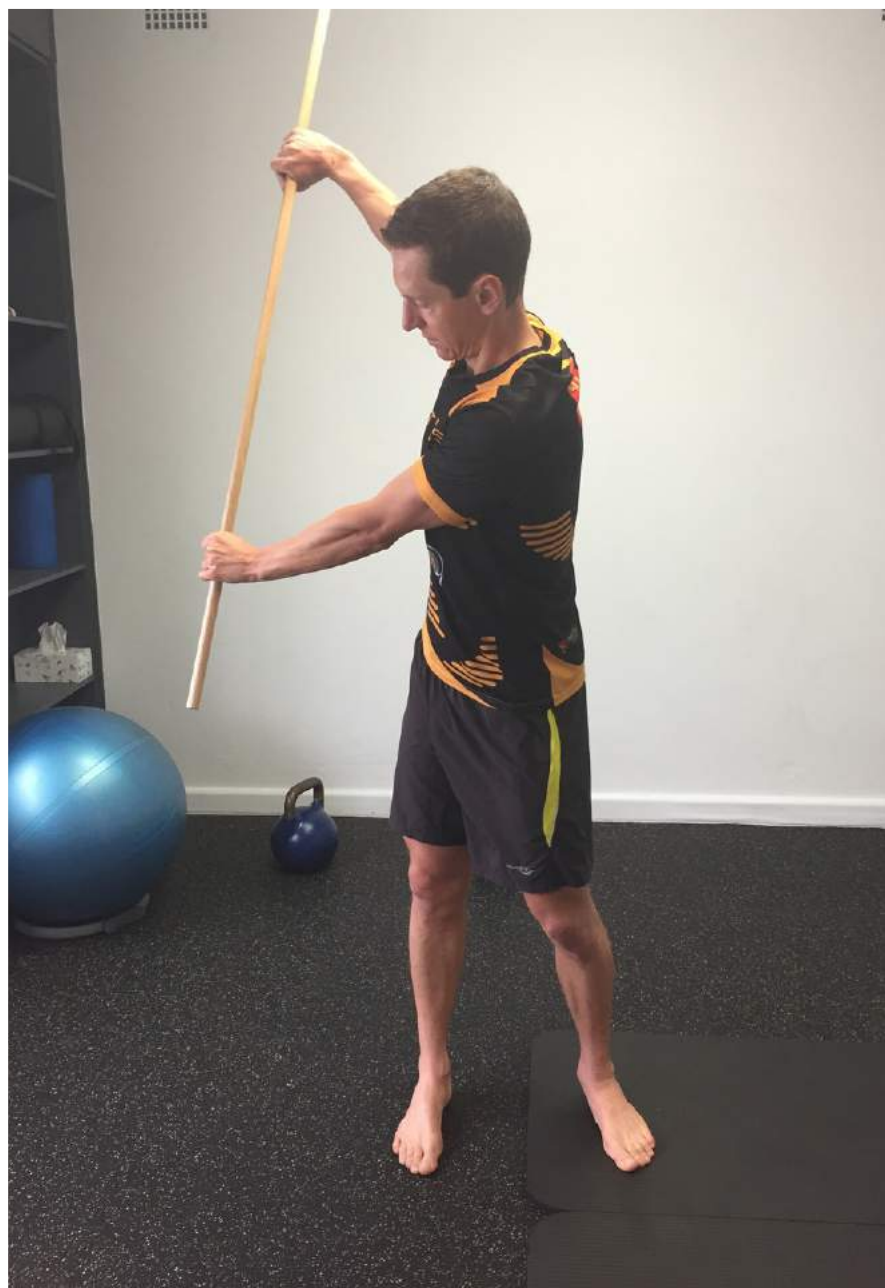
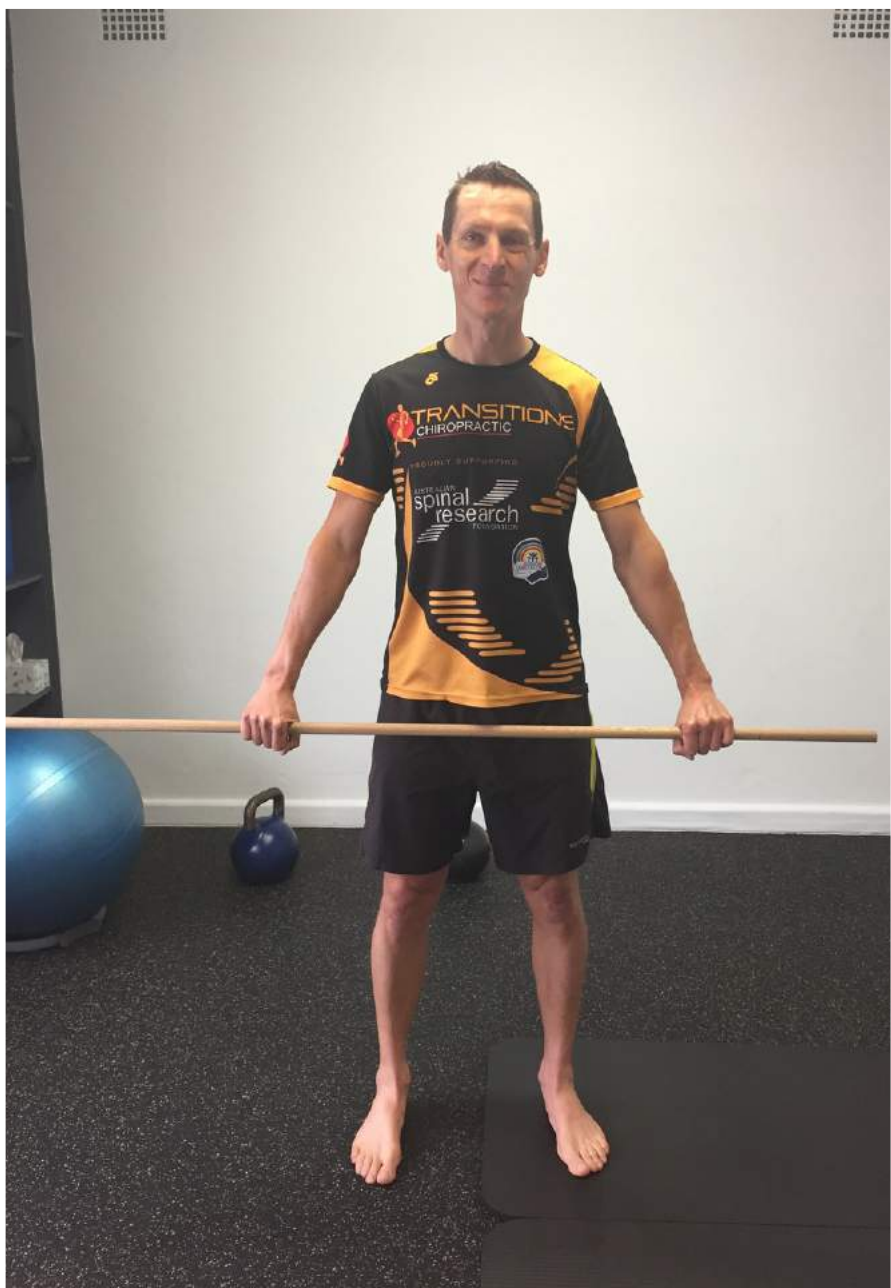
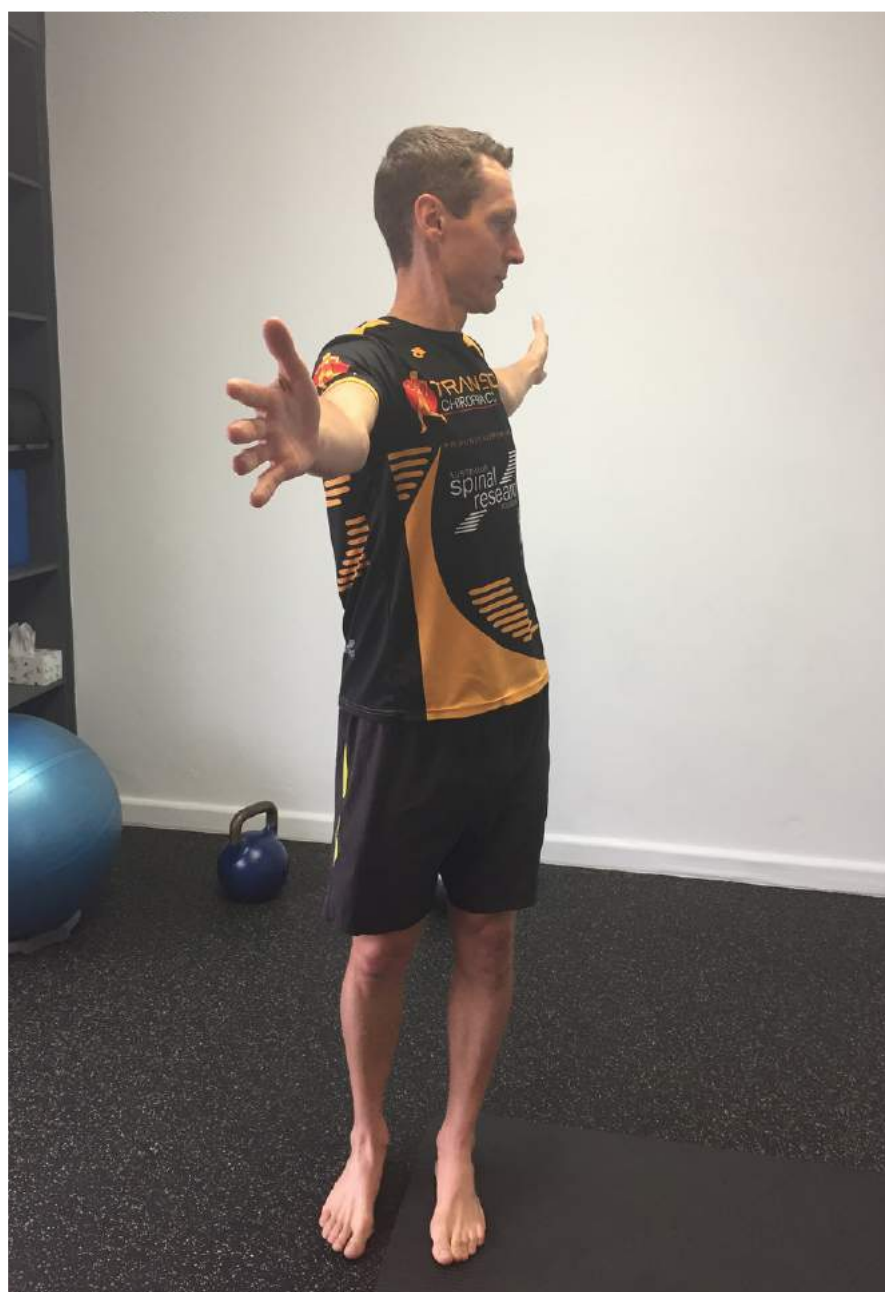




Mobility. Over the past 9 days you have really started to lay the foundations. You are aware and you're breathing & muscles are primed for this new and improved you. It's the perfect time to add mobility to the mix to ease tension throughout your body, especially your upper back, neck and shoulders. This will unlock scar tissue and tension improving the ease of movement as the proverbial handbrake, that was holding you back, is released.

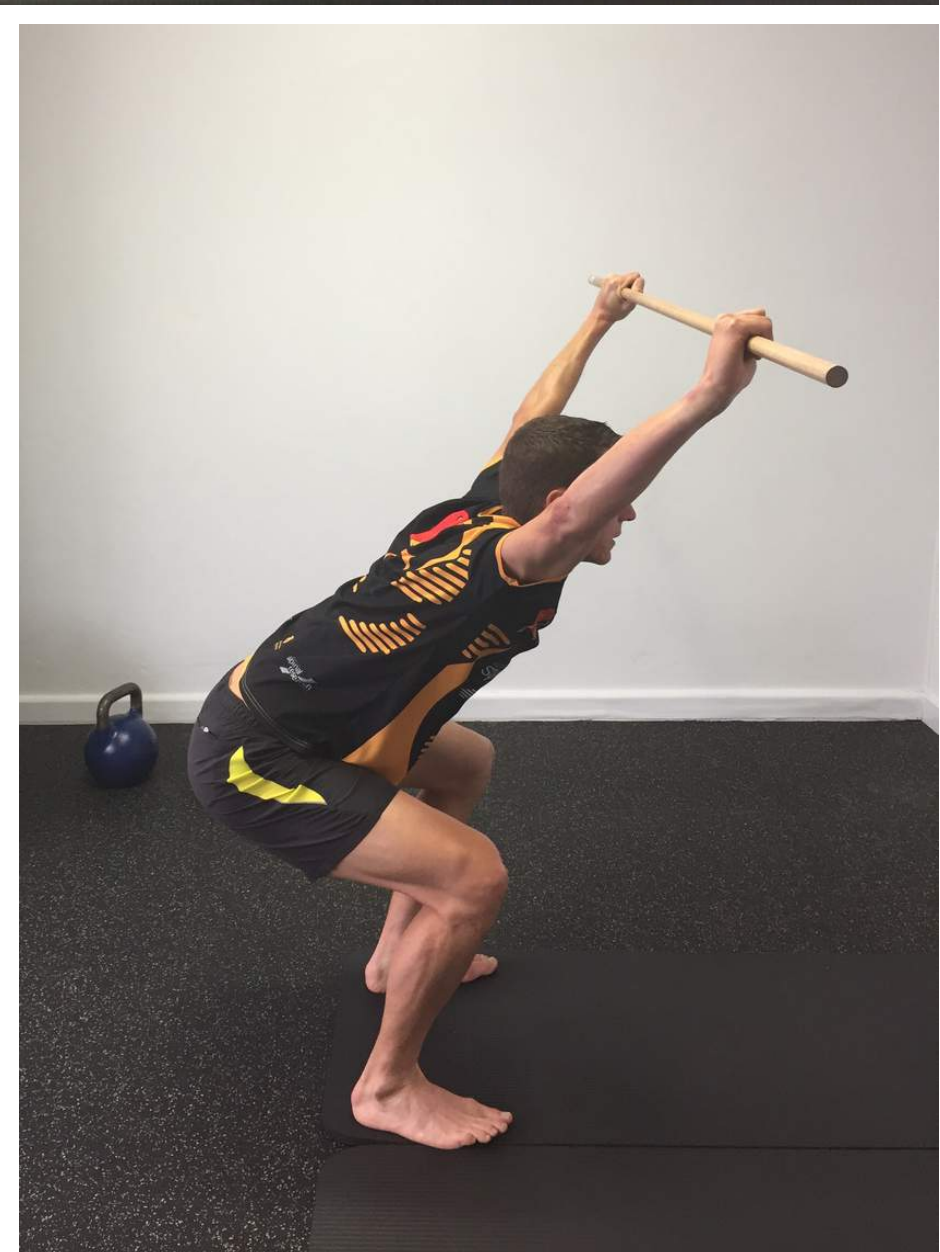
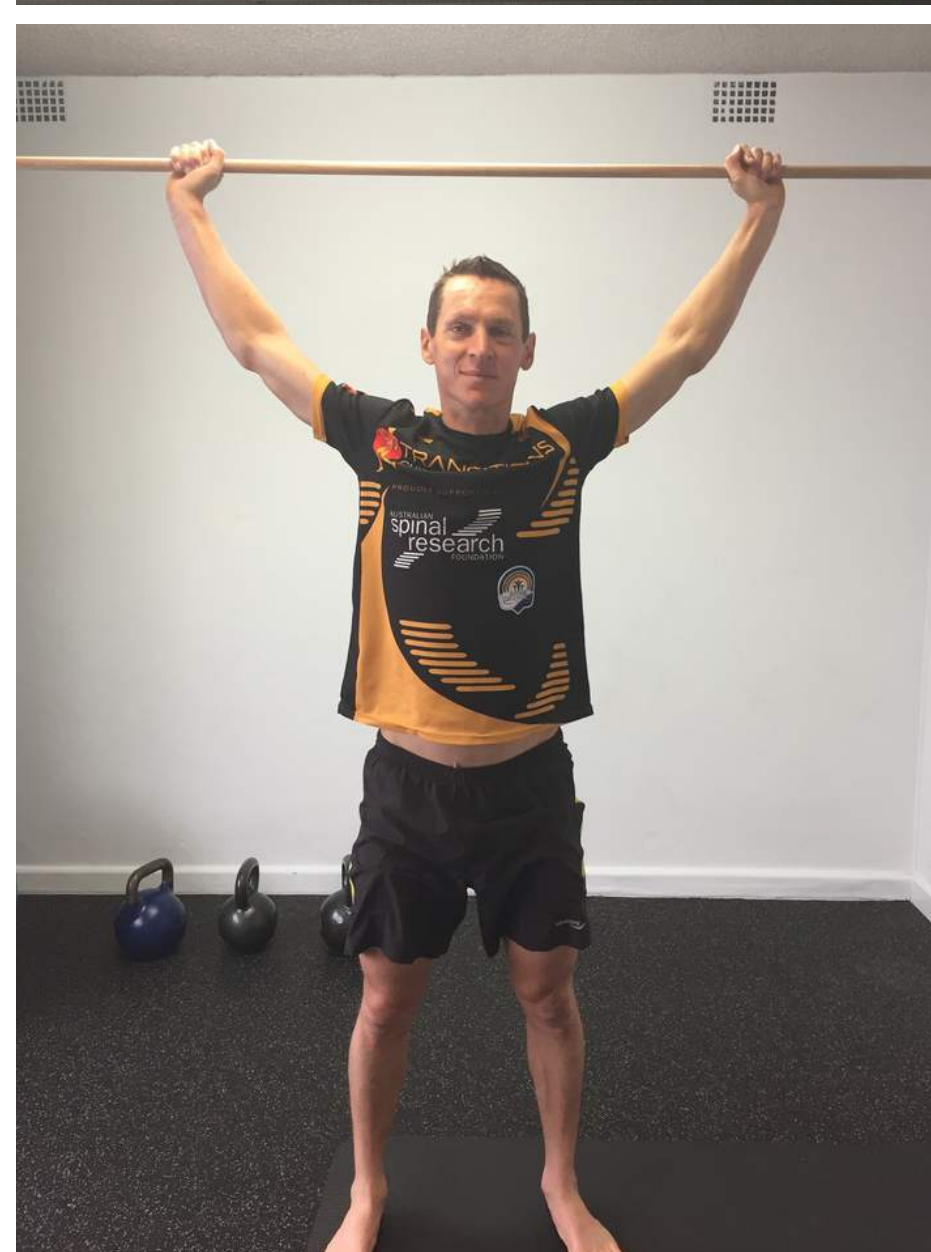
Day 10- Standing backstroke circles. 10 x each arm 3 x/day. Imagine you're holding a pen with a usual pen grip. Draw the biggest circle possible rotating your arm backwards as you go. Allow your body to twist and feel your shoulder blade unlock from it's stuck position on the rib cage.

Day 11- Full body neck nods. 10 x but at least 3 times throughout the day. Tucking your chin right to your chest, let your shoulders roll in and literally hunch as you go rolling one vertebrae forward at a time. Then ever so slowly, one vertebrae at a time, begin to extend. Look up to the roof and really open your shoulders or reach overhead to help promote even more movement. Extend as low as your body will allow- it's always good for you.



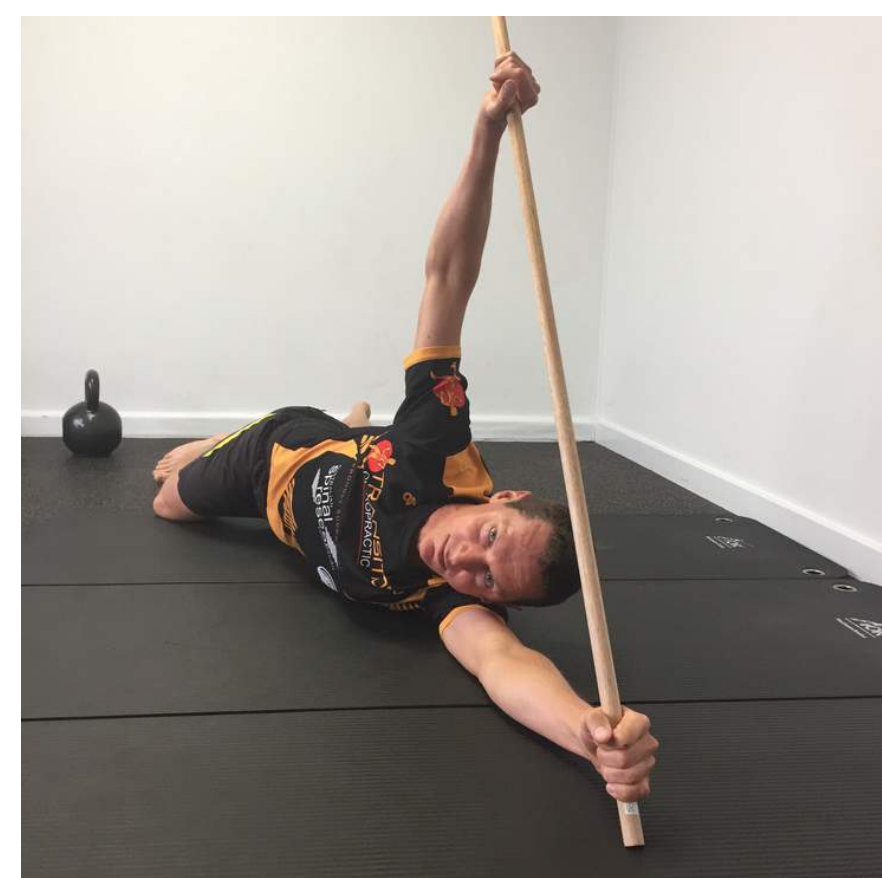
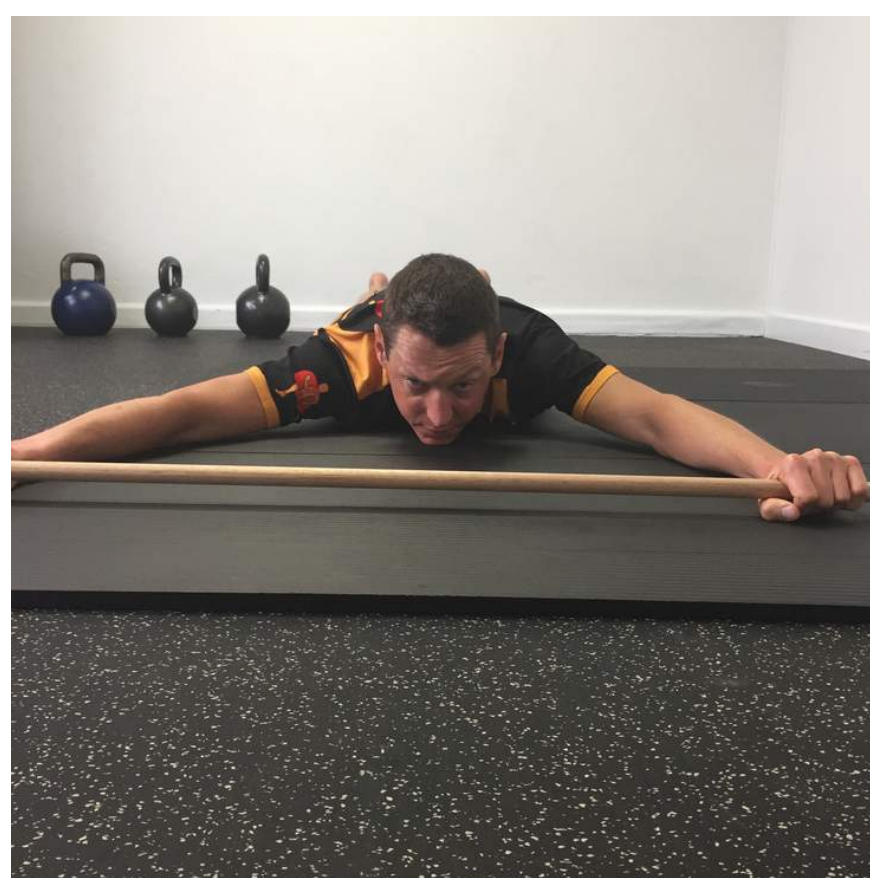
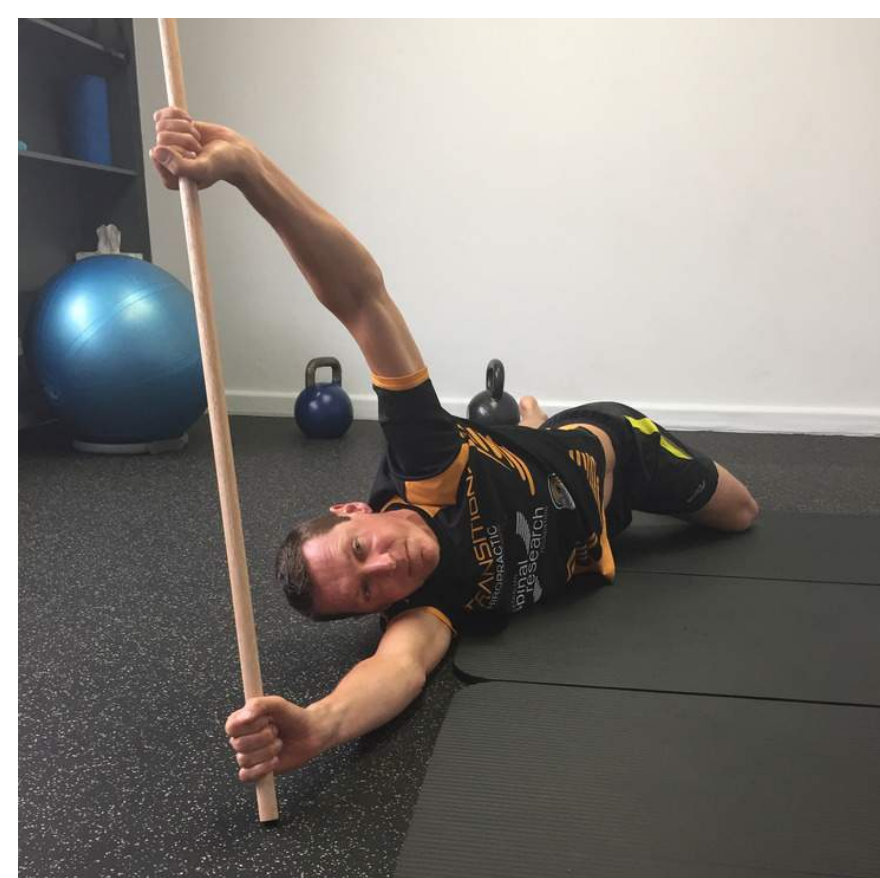
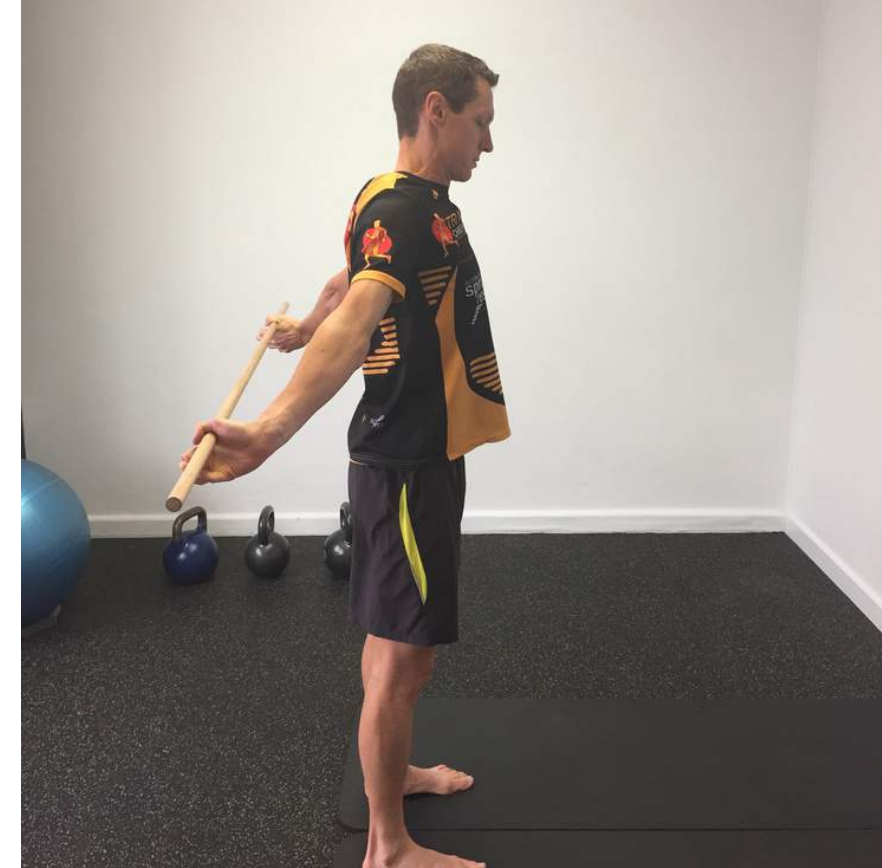
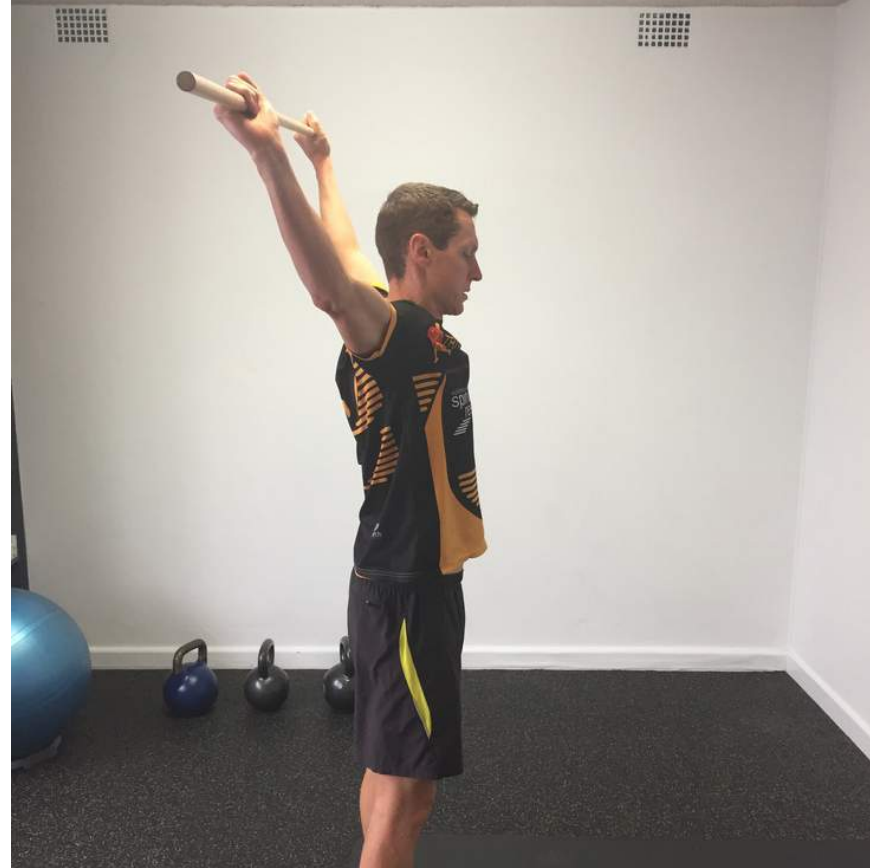
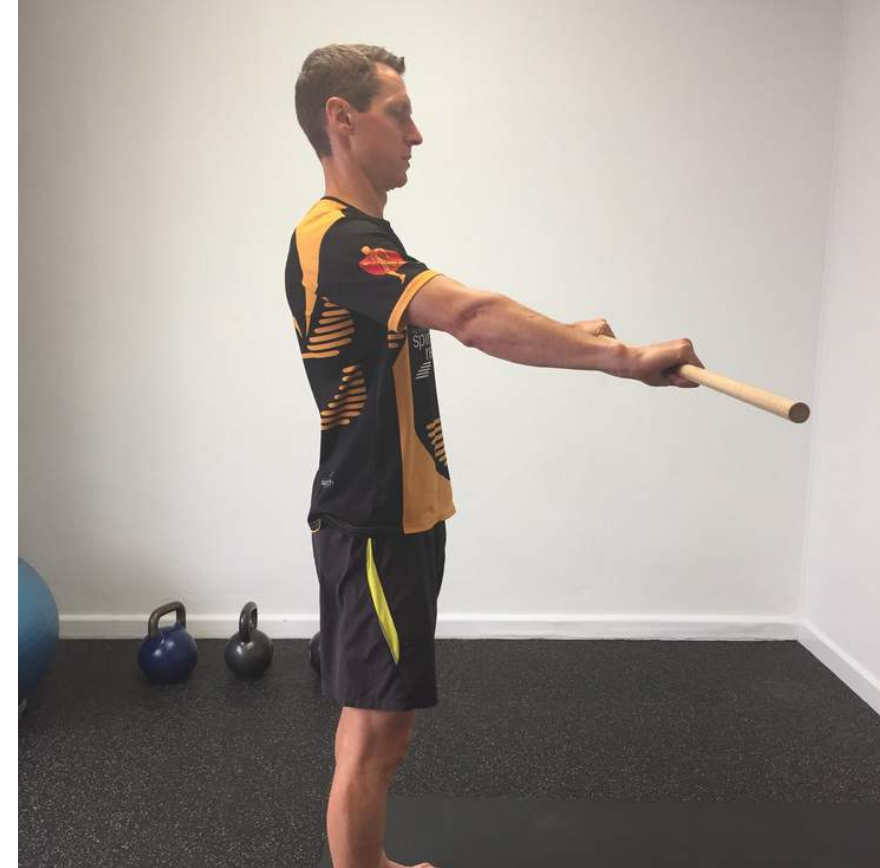
Day 12- Standing body twists. Starting with your hands out in front and arms straight, reach behind you as much as possible and let your head swivel at the same time. Try to keep the hand above shoulder height and let your eyes follow your hand. Return your hand to the middle after each repetition. Aim for 10 each side.

Day 13- Dowel shoulder rotations. Starting with arms outstretched, elbows locked holding onto a dowel at shoulder width, push with the left hand so the dowel takes the right arm up and out to the side. Let your body and head twist as you go. Try to keep the arms as straight as possible. Aiming for 10 repetitions each arm.



Day 14- Seated Floor Extension. Possibly the best stretch I never knew. Start sitting on the floor, legs out straight and arms behind you, palms flat on the floor with fingers pointing straight back. Look up to the roof and imagine a string on your chest pulling your chest towards the ceiling. Remember to breathe. **Option a)** hold this position for 30", **Option b)** extend and relax as you breathe aiming for 10 full breath cycles.

Day 15- Dowel Overhead squats. A fantastic whole body movement. Holding the dowel with arms outstretched overhead, try lowering yourself into as deep a squat as possible without letting the dowel drop forwards. Try keeping your feet flat on the floor. For mobility, aim for 5 repetitions of this keeping the arms locked overhead constantly. Or if wanting a strength challenge, see how long you can hold the squat position.



Day 16- Shoulder dislocates.

This looks so much simpler than it is. Using a dowel or a rolled towel, keep your hands as wide as you need to with elbows out locked straight. Lift the dowel overhead and all the way behind you as far as you can. Ideally once the dowel is flat against your back, bring it back over head. This is your final mobility day- a real challenge to unlock the movement potential throughout the upper back, neck and shoulders.

Day 17- Dowel lying down

twists. Lying on your belly holding onto the dowel with arms outstretched overhead, firmly plant one hand into the floor, then twist your body and other arm away from the floor. Rotate and lengthen your torso as you go. You'll feel this everywhere!!! Try holding for 15".

You've got this far- amazing effort!! Mobility and breathing might not sound sexy, but you have laid a fantastic foundation for changing your posture.

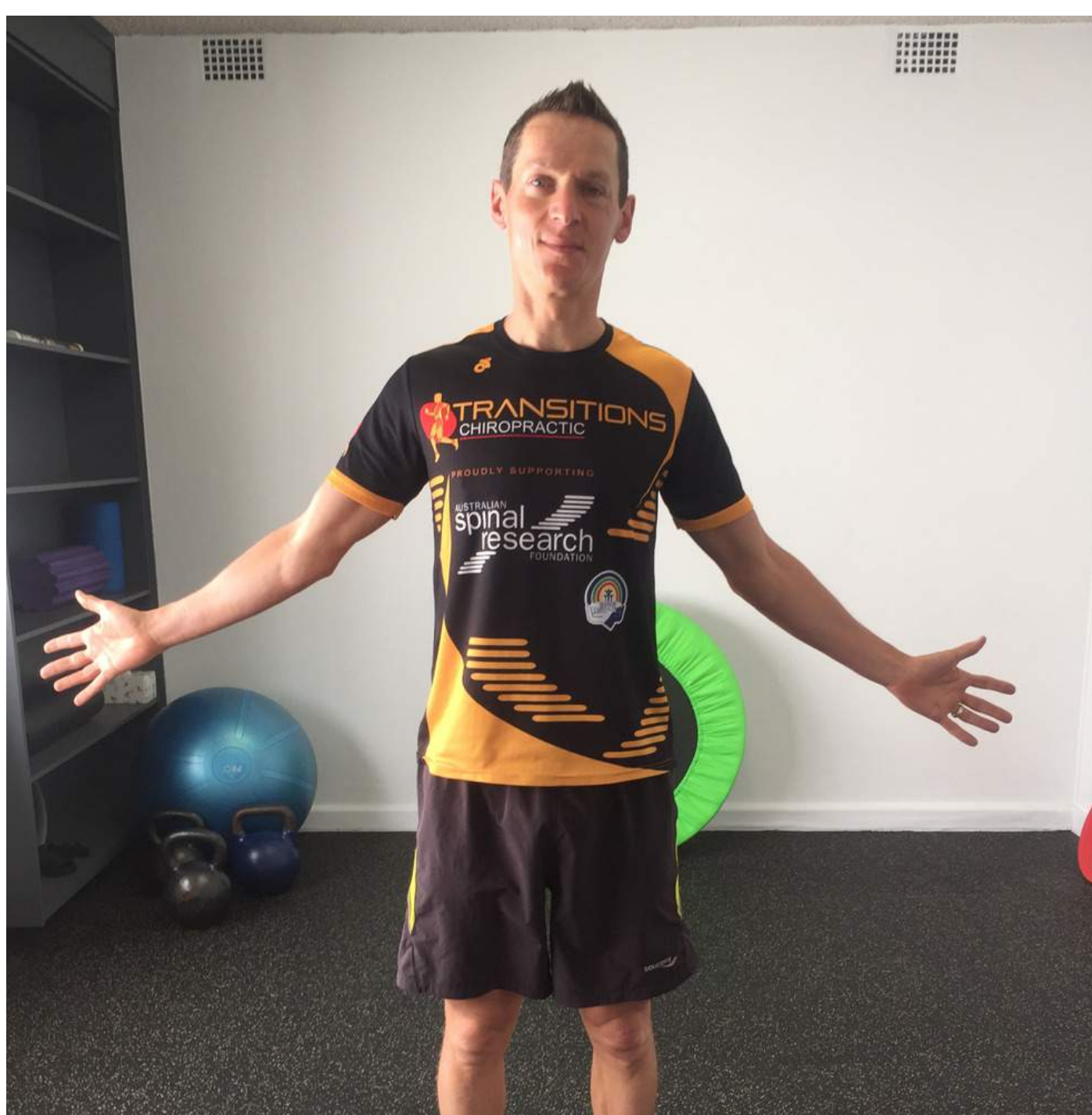
You've greased the pan, now it's time to bake the cake and build the strength to change your posture forever.

5

Strength Before Length

"Everything you need you already have"
Wayne Oates





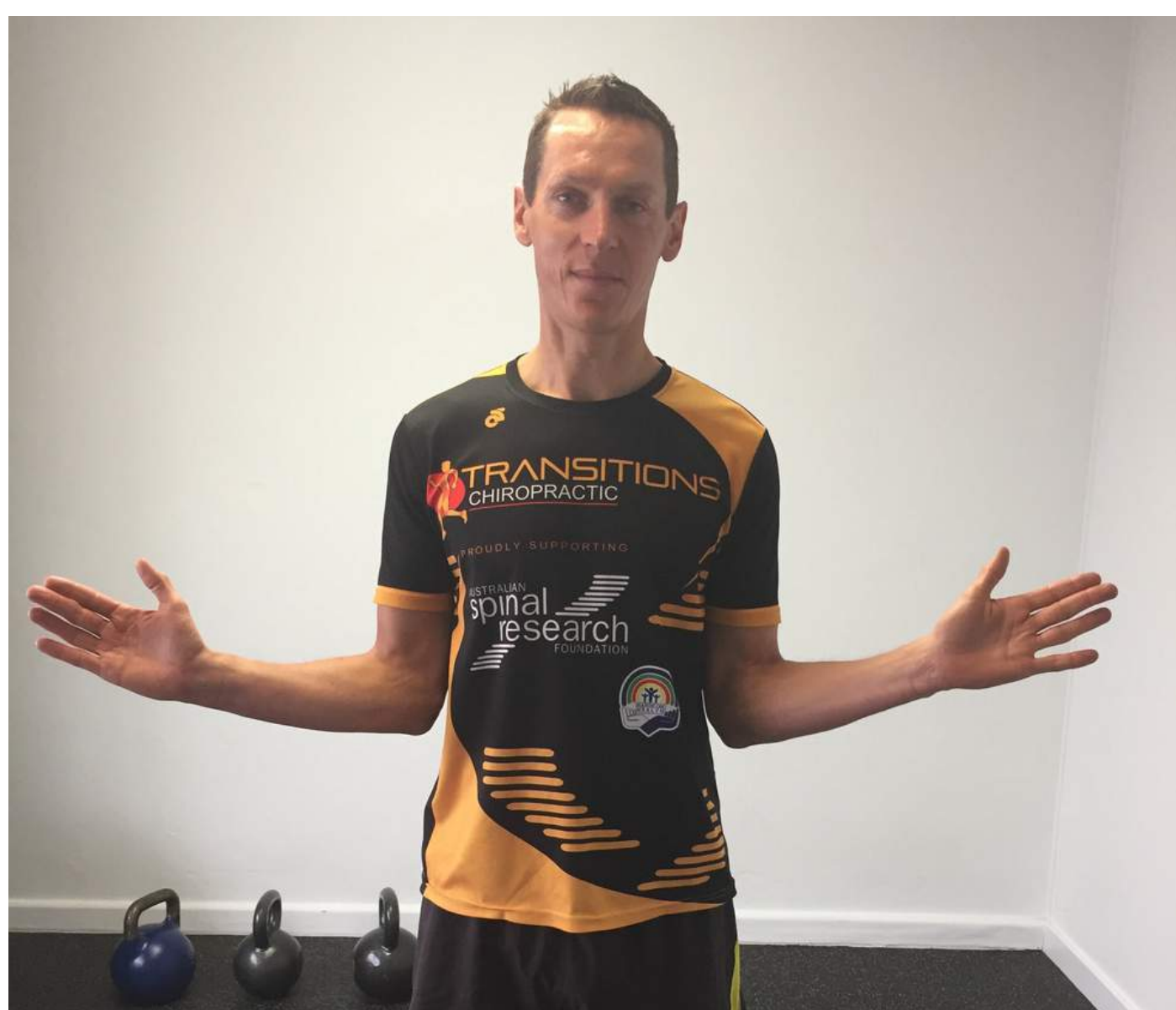
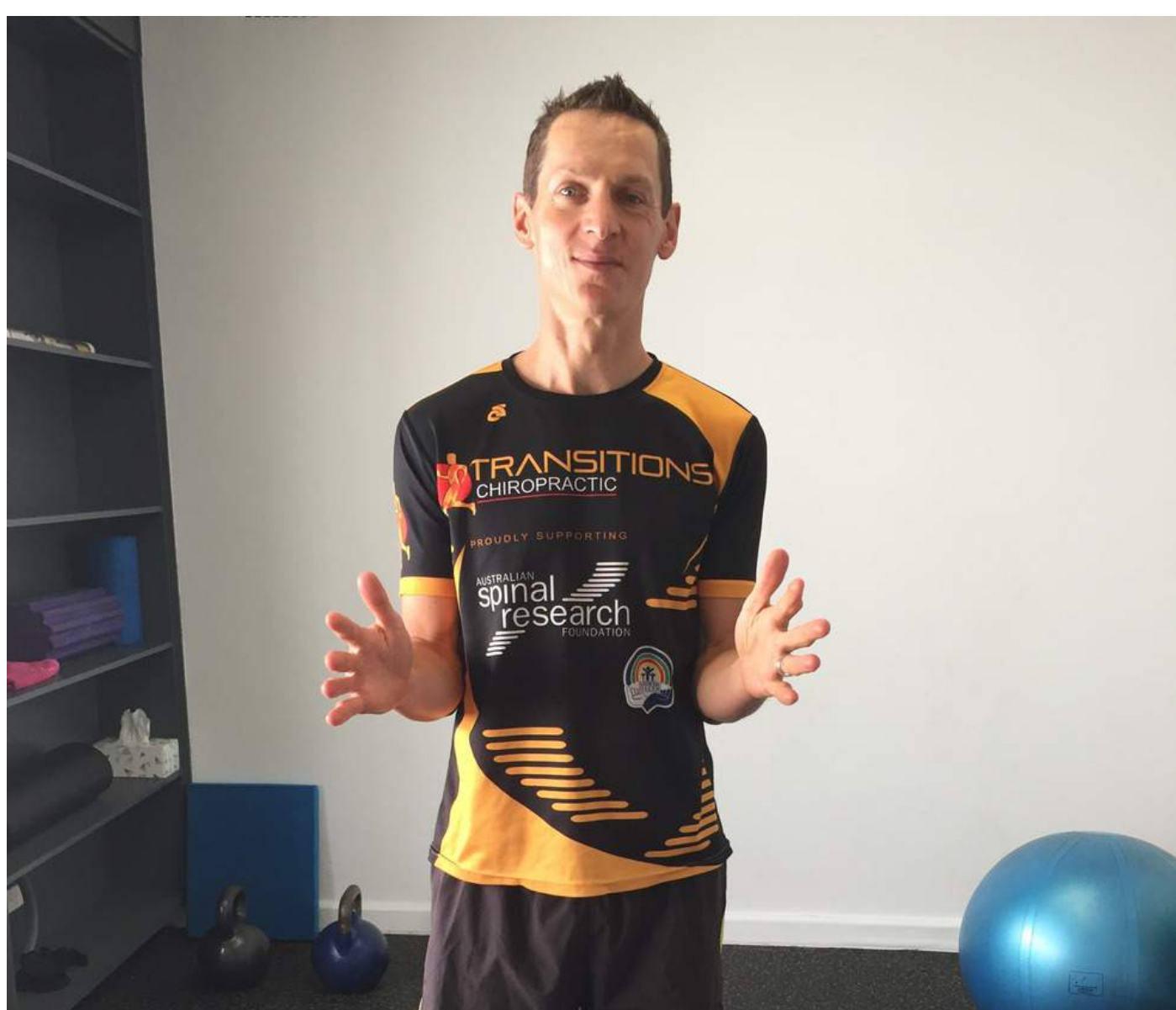
Day 17- Book openings. For today literally just work on the movement. Pretend you are holding onto a heavy juice bottle, keep your arms straight and hands nice & low. Slowly rotate your arms out, squeezing between your shoulders as you go. Aim for 10.

Day 18- Book openings super slow. Exactly the same movement, but here we are going to try our first super slow movement. Literally count 10" on the pull back, then hold for 10", then a 10" release. Control the movement throughout and maintain the time under tension. At this super slow speed even 5 movements is great.



Day 19- Rocking. It's impossible to change our upper back posture without some strength lower down to support. These next two days will add strength to your entire spine. Time to get back to being a kid again. Let your body assume a "cat position," your chest out proud and head up, keep your arms locked in position and rock back onto your heels. If this is too easy by all means get up on your toes. Aiming for 10-20.

Day 20- Crawling. Yep you guessed it, I am a big kid at heart. Today is another full body strength day. In that same cat position we are literally going to crawl 20 paces forward and back making sure your chest is out and head is up nice and proud again. Once this gets too easy, feel free to bear crawl or lizard crawl. All crawling is awesome!

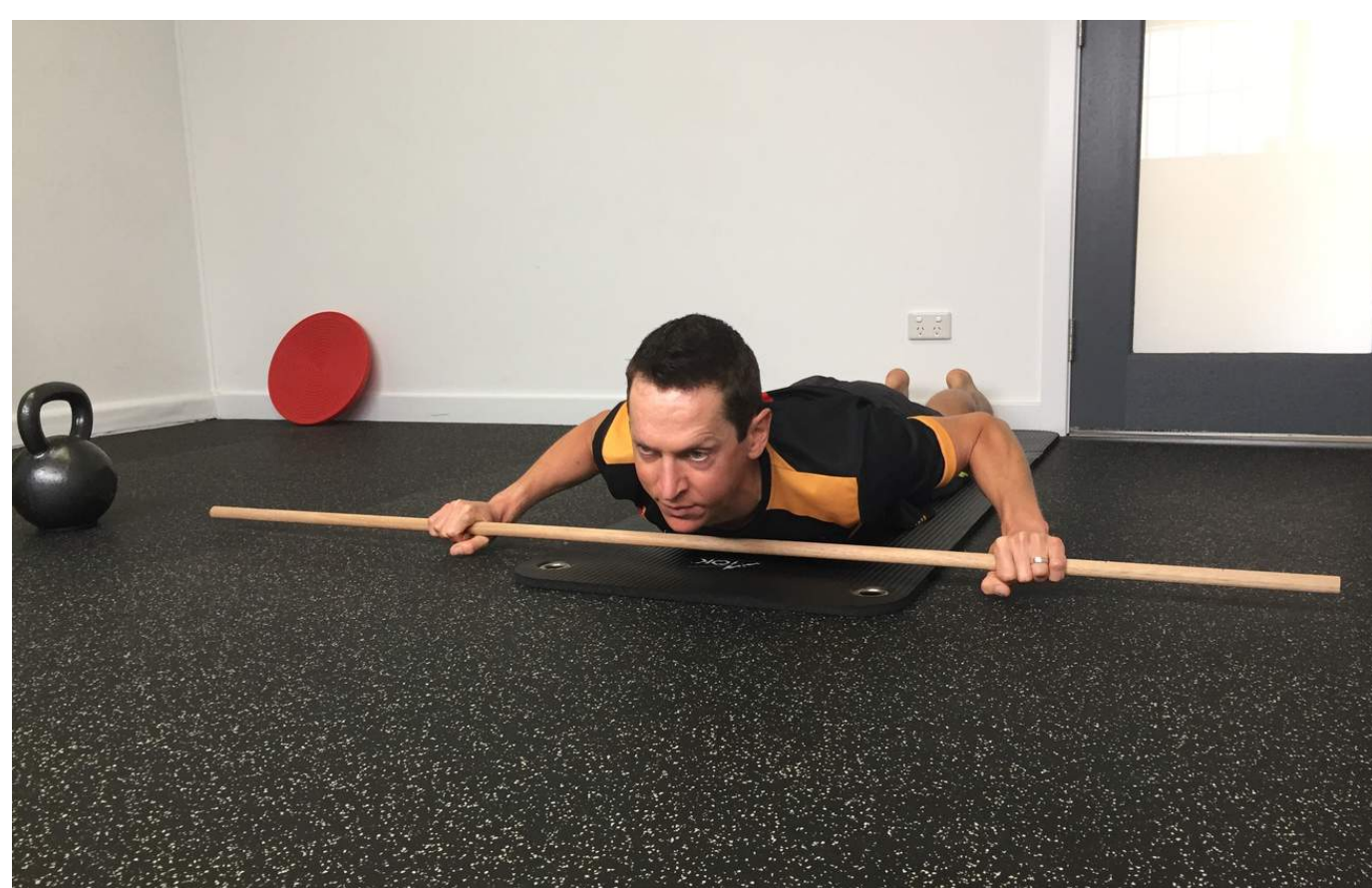
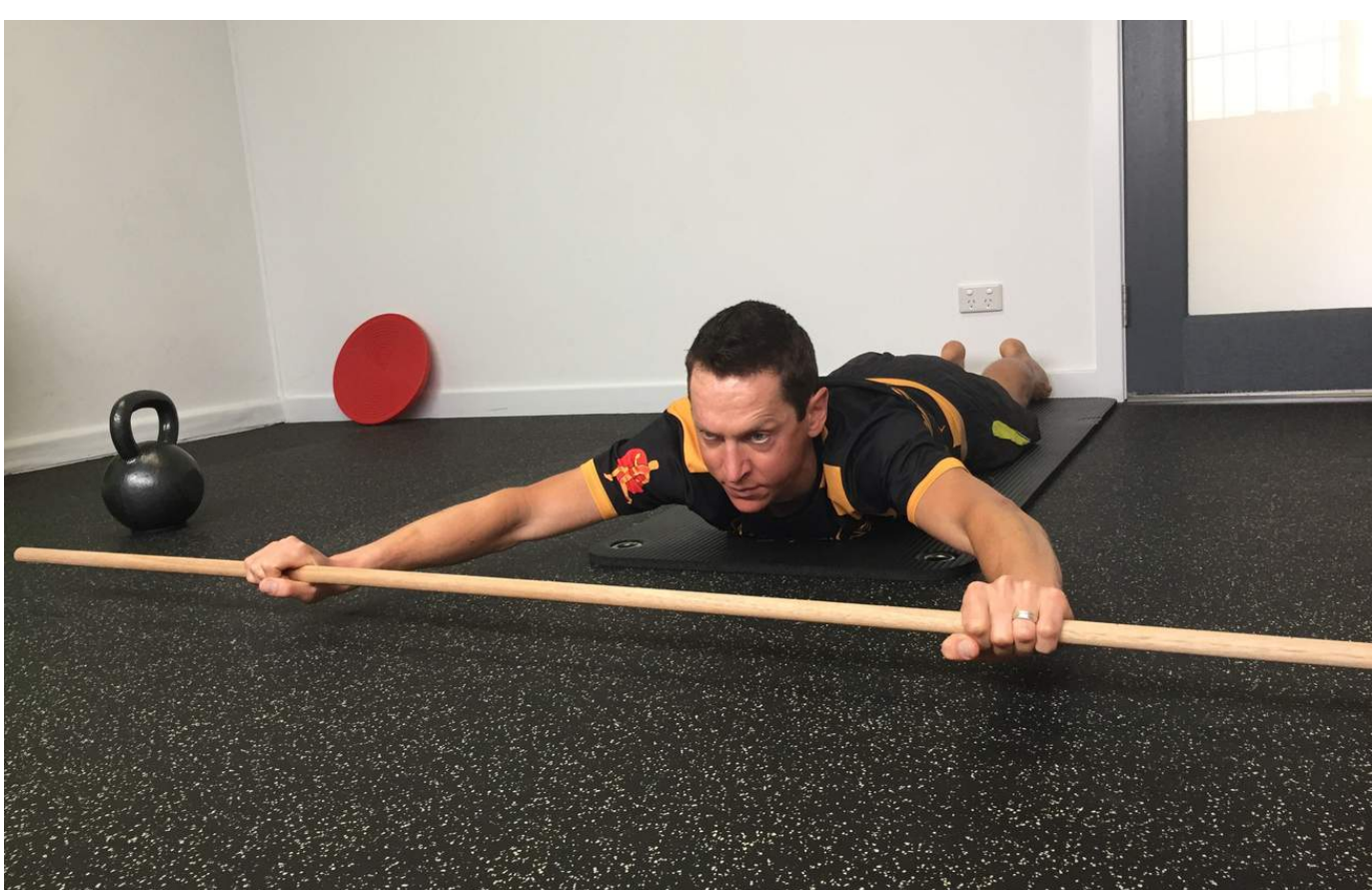


Day 21- Shoulder bent elbow retraction pulls.

Jamming your elbows in by your side, hold your hands out in front of you. Keeping your elbows still, slowly pull your hands back ideally aiming for that super slow 10"/10"/10" routine. Squeeze your shoulder blades throughout the movement.

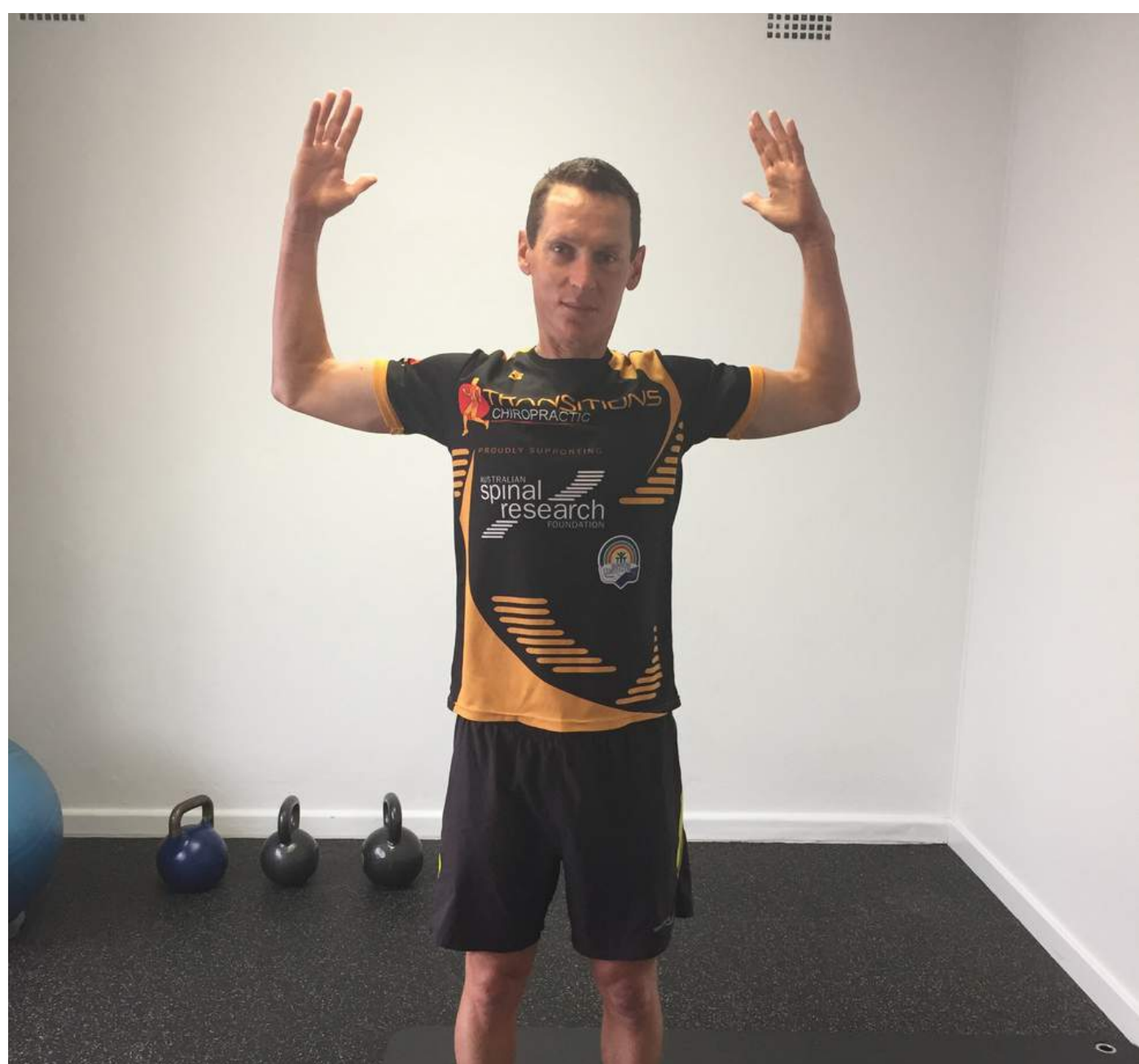
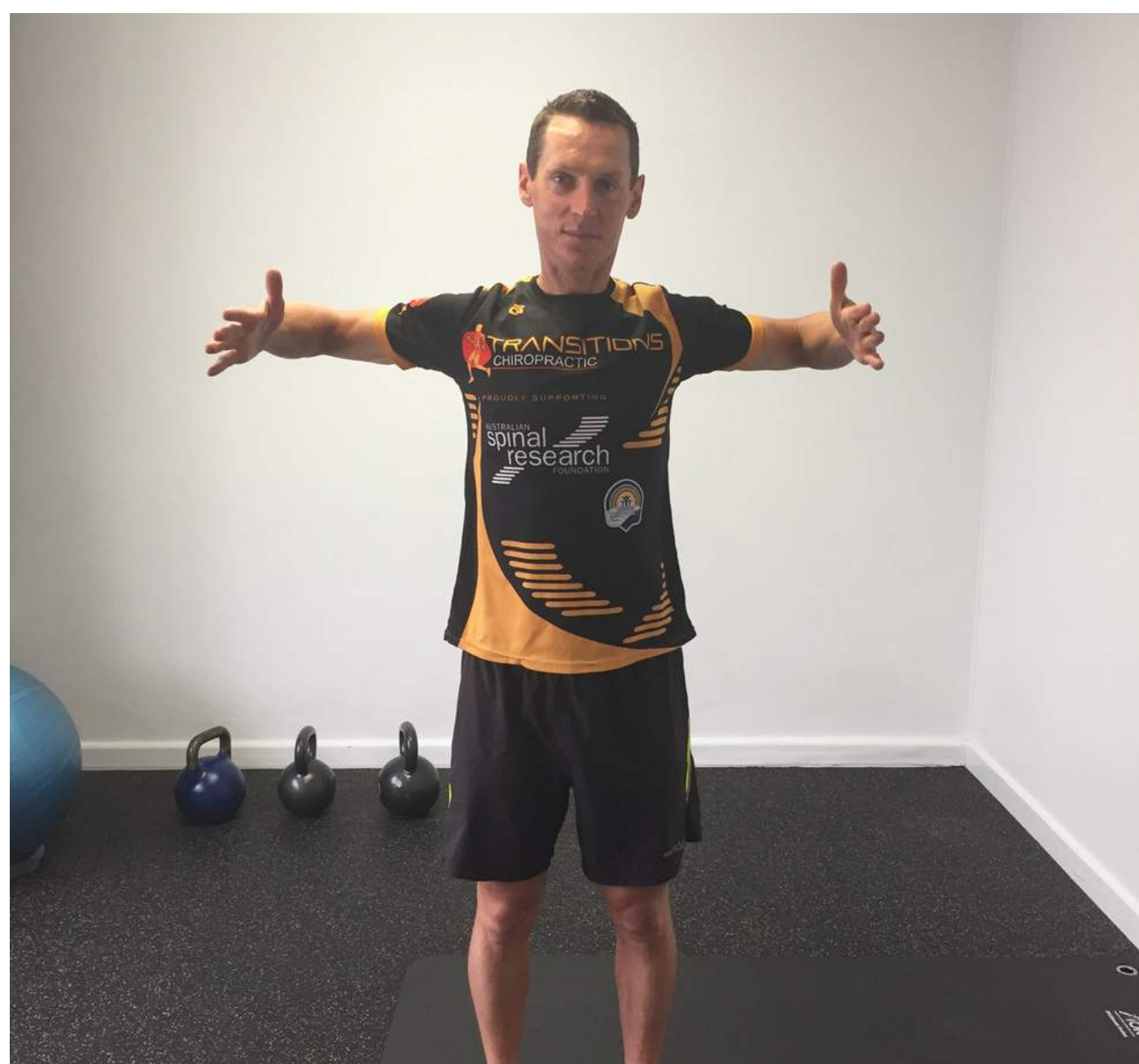
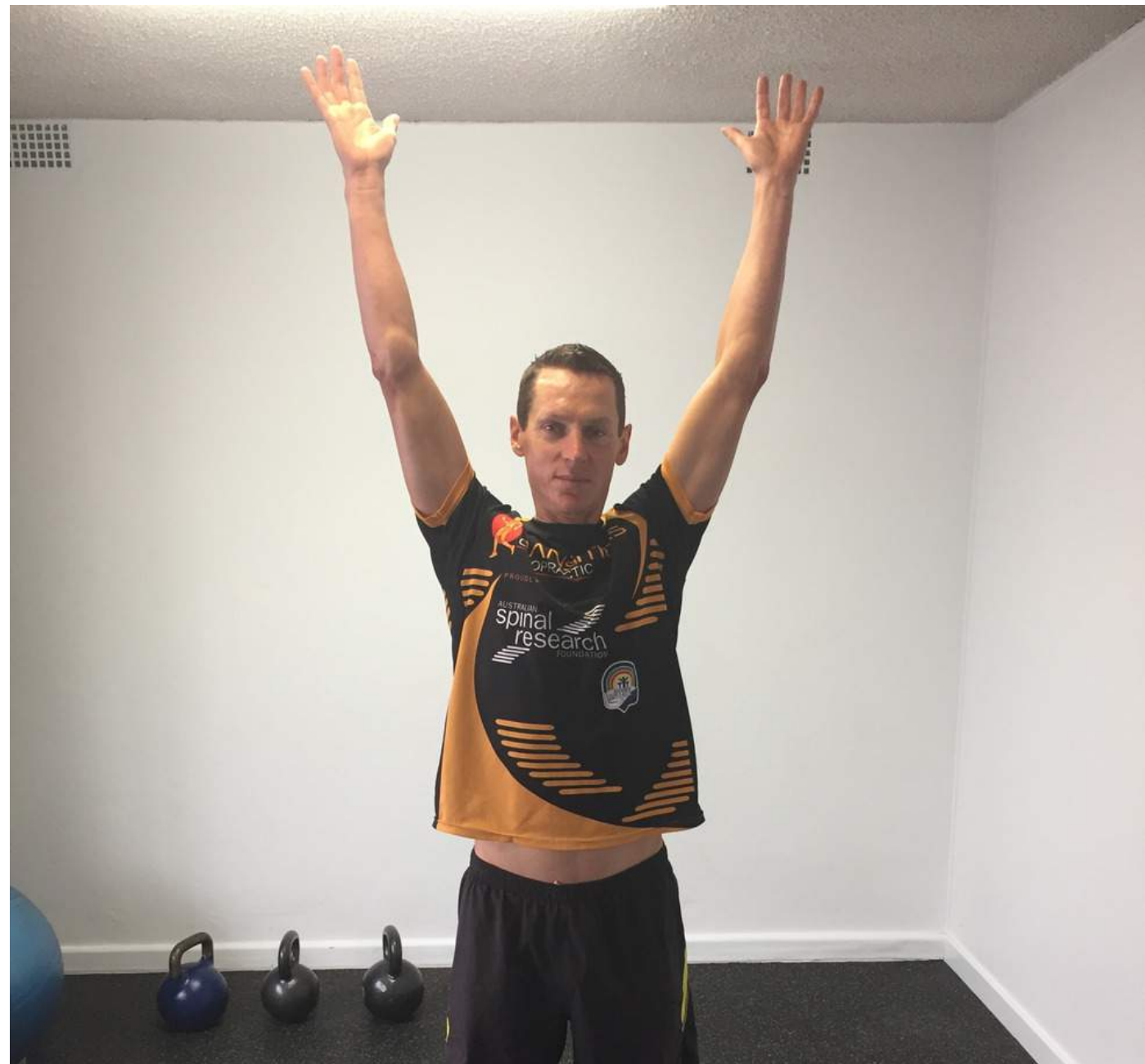
Day 22- Static wall T's.

Another great position to get your body used to. Literally stand flat against a wall, heels as close to the wall as possible with ideally the back of your head and your lower back flat against the wall. Roll your arms out into a T position with palms away from the wall. Can you hold this for 3 x 30"??



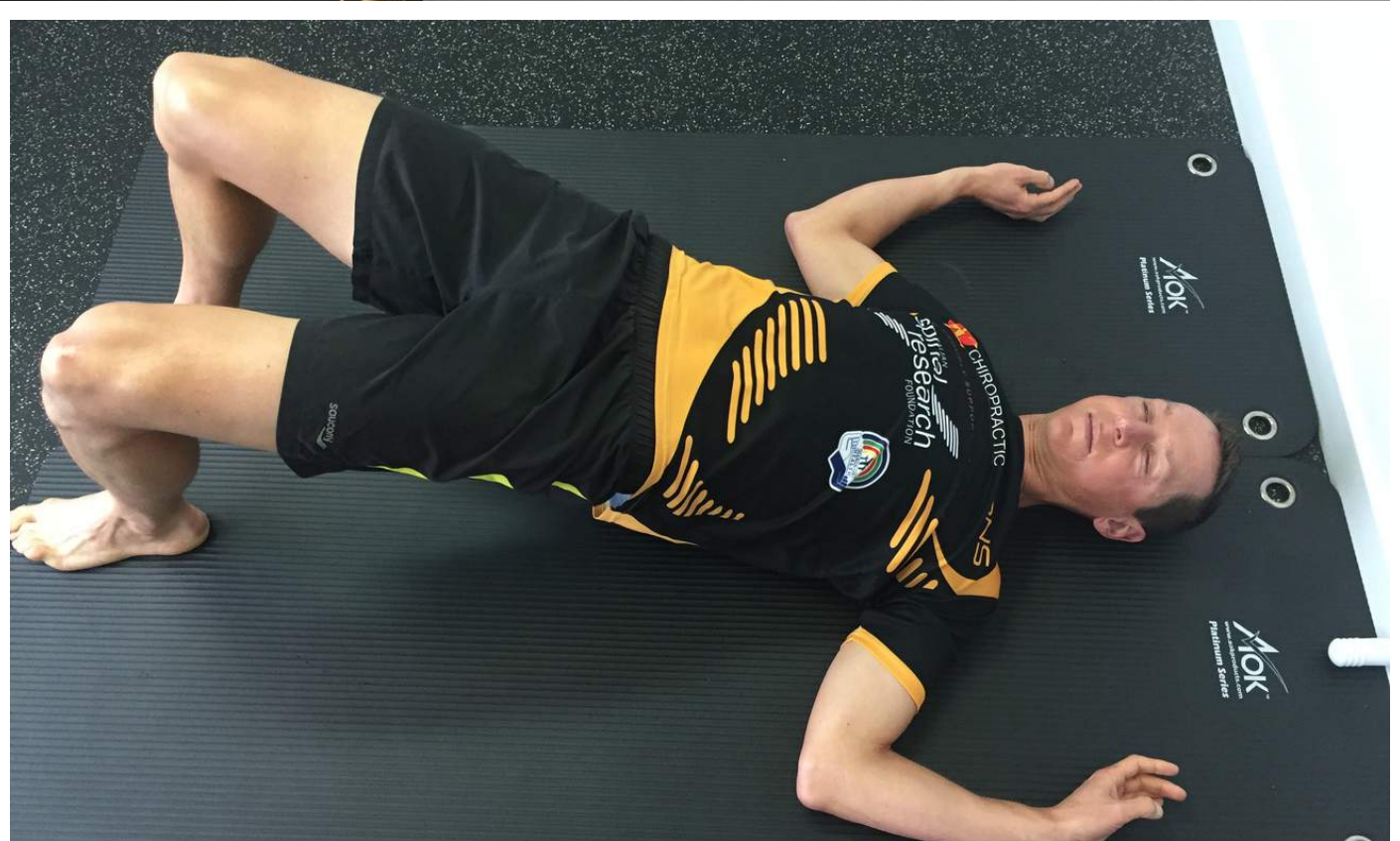
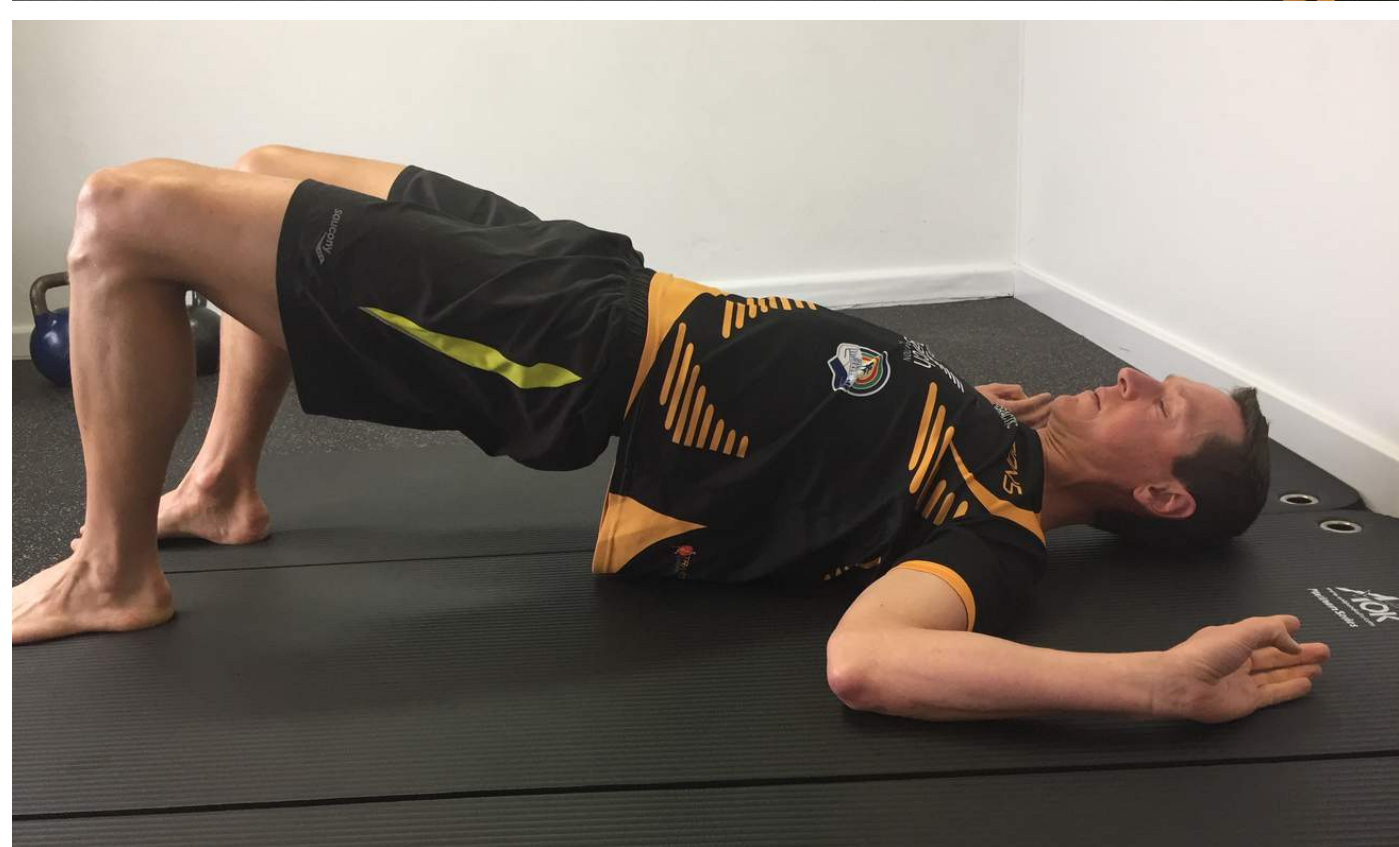
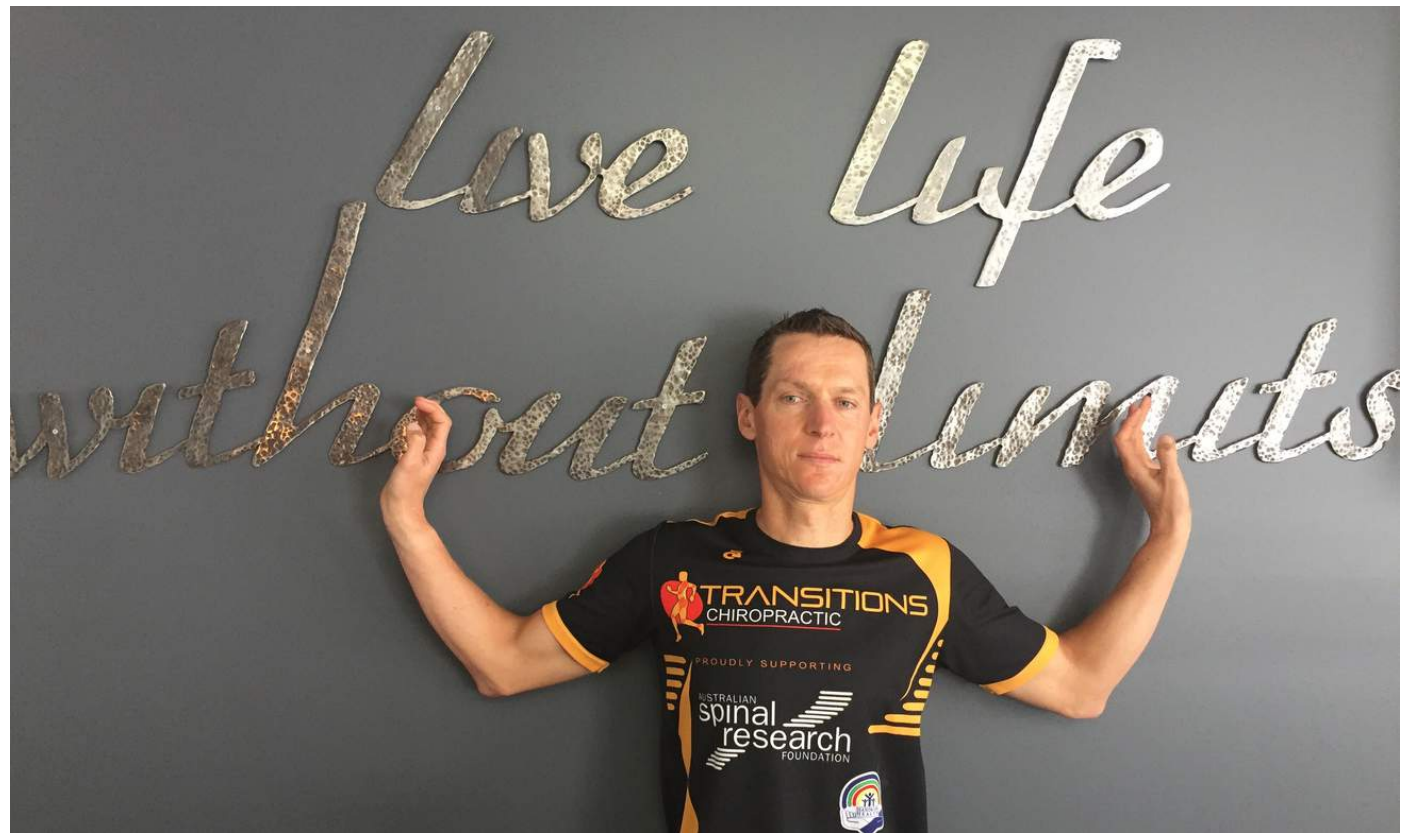
Day 23- Floor angels. This is best done with elbows bent and can be done with or without a dowel. Lie on your stomach with your chin slightly up. Pull your elbows back towards your side, squeezing through your shoulder blades as you go. If not using the dowel, play around by rotating your hands, trying to pull both arms through as evenly as possible at a nice, slow speed.

Day 24- Dowel ceiling pulls. Again, lying face down grab the dowel behind you with your elbows locked straight. Keeping the elbows straight and ideally your chin just off the floor, now lift the dowel towards the ceiling. Try this 1st with palms towards the ceiling, then with palms towards the floor. They both feel incredibly different. Aim for 10 repetitions at a nice slow speed- don't forget to breathe.



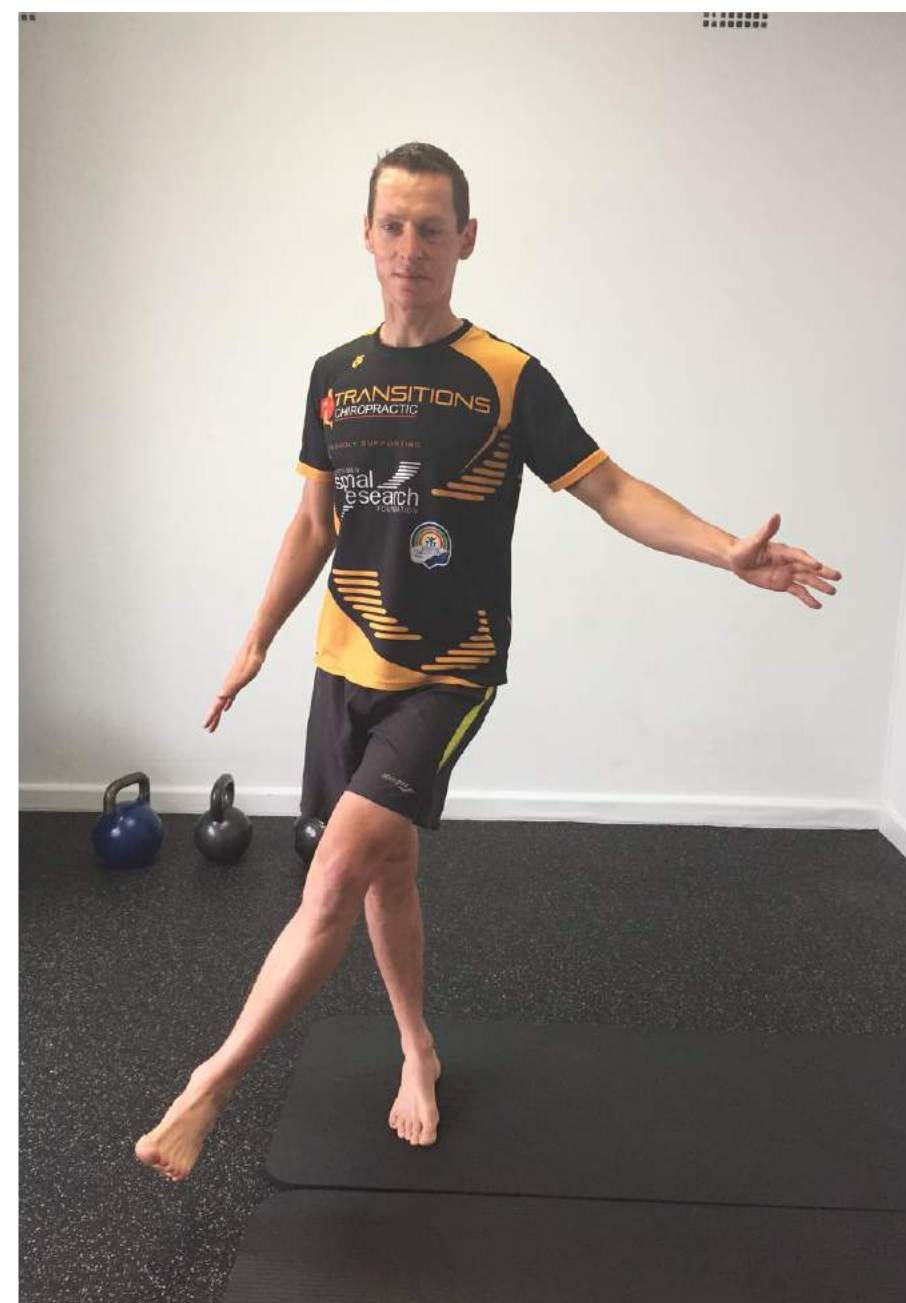
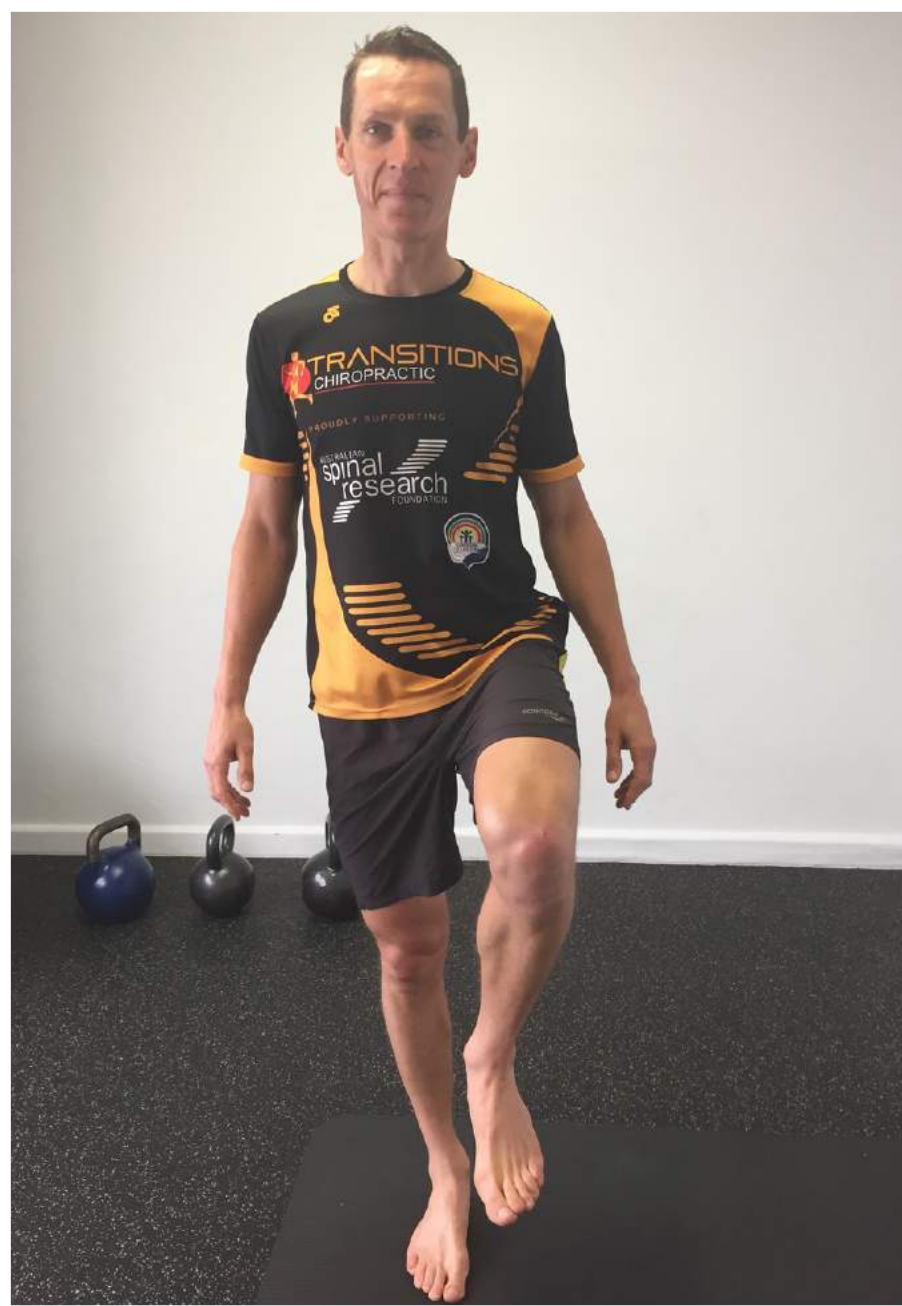
Day 25- YTWL's the movement. This is a great way to move and strengthen your shoulders. It can be done standing, lying on your back or even leaning against a wall. With both arms together, raise them overhead into a "Y" position, to a "T," "W," then "L." Come back to the start between each letter. Let your body build some momentum and really have a play with this either on the floor or standing.

Day 26- YTWL's static. Today, with that same beautiful movement ideally we want to hold the end position of each letter for 30". This is best done either lying on your back or leaning against the wall. Press into the surface with each letter of the "Y, T, W, L."



Day 27- Wall angels. Stand with your back flat to the wall. Bring your feet out a bit so you can flatten your lower back and definitely keep your head resting on the wall. Bring your arms up in almost an L shape, ideally with your little fingers on the wall. Slowly drag your fingers down the wall by pulling through the middle of your shoulders. It can be really hard to keep your head against the wall and your lower back flat at the same time.

Day 28- Floor angels with bridge. That same beautiful movement, this time lying on your back. Keeping your knees bent, now lift your pelvis towards the sky holding your torso in a "bridge" position. While maintaining the bridge, pull your arms down again in the angel position. Try to control the movement as much as possible and don't forget to breathe.



29- Single leg balance.

Really? Is balance going to change my neck posture? Absolutely! To balance you must stand tall. Almost like a wind up toy, lock your body upright feeling for the muscle contraction from your foot through to your head. Keep your non supportive leg bent and away from the other, don't let it lean against. A long strong spine is a super supportive spine.

30- Single leg balance with a twist.

So balance was easy?? Awesome- you're a star. Try it now with a twist. While staying on one leg have a play- try performing something like the YTWL's or alternatively raising your arms in different positions, This rotation styled support is a great way to bulletproof your entire body.



6

Tying Posture Into Life

"Be the Stream"
Frank Sovinsky

We believe in going the distance



Well done!!! You've made it through 30 days. Now's the time to make it stick. Research says it takes 21 days to change a habit. The changes you've stuck to can now be implemented. Changing your posture forever.

Feel like you really want to maximise your posture and your health?

Call Transitions Chiropractic on 4926 1101 or [click here](#) reserve your Initial Chiropractic appointment today.

We can help unlock the door so you can walk into the new version of you. Assisting you in taking what you learned over the past 30 days- **being aware, breathing, mobilising and strengthening** and incorporating these habits into your daily life.



Transitions Chiropractic is always here to help you maximise your ability to adapt to this amazing world.

Even the most gentle stream can carve it's way through stone. With deliberate practice you can optimise and change your posture and live life without limits!!!

For more useful videos and information check out our **Website.**

The ship of life has many anchors, we are here to help you set sail again.

Enjoy.....

Dr. James Staciwa
Chiropractor

To make an **appointment** to **feel, move** and **live better** **Call 02 4926 1101** or **click here to schedule your appointment today.**