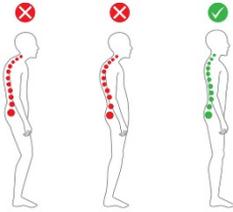


7 weird ways bad posture messes with your body!

1. Straighten up or you'll get a curve.



One of the most noticeable harmful effects that can be caused through poor posture is a change in the spinal curve. Your spine naturally has a certain curve to its shape. However, if you spend year after year sitting or standing with poor posture, it can put your spine under high levels of pressure.

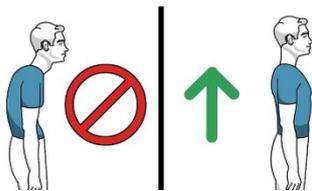
This is because you are putting your spine in unnatural a position. These changes in the spinal curve can not only cause long-term pain and discomfort, but it can prevent your spine from being able to naturally absorb shock and maintain proper balance leading to further complications in life.

2. Deepens depression.

A recent study showed that walking or sitting with a slouch can increase feelings of depression and lower your energy levels. When you're working or just sat watching tv, if you sit with more of an upright posture it can lead to the individual feeling higher levels of self-esteem. Equally, a slumped back posture can lead to lower levels of arousal, allowing you to become more susceptible to stress, dealing with it passively and exhibiting more of a helplessness-type response.

A rather strange way to fix this would be to imagine there is a headlight right in the middle of your chest at the sternum (breast bone). Sitting or standing the light should always be shining forward. Now keeping your head centres over your shoulders, extend your head to the ceiling without lifting your chin.

3. Causes career problems and makes you look bad.



It doesn't just hurt you personally, but it can affect how others see you daily. You should avoid slouching on the job as it can be attributed to feeling de-motivated, uninterested and higher stress levels.

Here is a suggested exercise to help, even when you're at your desk: lift the bottom of your ribcage an inch or two off your hipbone, pulling your shoulder blades back and down. To make sure you maintain the position pin a ribbon to the top and bottom of your shirt and keep it taught for 10 minutes at a time.

4. It backs you up and causes poor digestion.

When you sit in a crunched position your intestines are folded up too, this can slow down your body's natural processes. Studies have found that sitting all day with poor posture can impact your digestive organs. Poor posture actually compresses your digestive organs and leaves them incapable of functioning the way they should.

This can not only slow down the digestive process and impact your metabolism, but over time long-term compression of the digestive organs can seriously impair your body's ability to consume and process food. You may ultimately find yourself with life-altering metabolic issues.

5. Increased risk of death and disease



A recent Australian study found that after the age of 25, every hour you spend sat slouching can reduce your life expectancy by 21.8 minutes. It also more than doubled the risk of developing diabetes, and had a 147% increase in the risk of cardiovascular disease even if the individual was active within their lifestyle.

Slouching while sitting can lead to a higher risk of high blood pressure, while the rounding of your shoulders can lead to respiratory issues such as shortness of breath. If your lungs aren't performing as they should, then it can have an impact on the function of your brain and your heart since they aren't getting as much oxygen as they need.

6. Makes you look heavier

When you sit with a slouch, your internal organs have nowhere to go but down and out, making you immediately look larger. Having that curved spine will put compression on the rest of your organs, while leading to the other health issues stated in this list it will result in your stomach protruding more than usual.

7. Cut off your circulation



Prolonged sitting, especially with your legs crossed can cut the flow of blood around the body, increase pressure and even cause spider veins to develop. When you sit all day with poor posture, you are preventing your body from getting the necessary circulation it needs. This can actually lead to the formation of varicose (spider) veins. This is particularly common in women.

Because of the effects of slouching on the shape of the body, it will cause the heart to work harder when pumping blood around the body.

8. Stresses you out

If you sit with a slouch it can lead to a 10% decrease in testosterone, and a 15% increase in cortisol. This translates into low self-confidence and high stress, and sitting with a slouch can compound the problem. Continually having a bad posture can lead to increased physical and mental stress levels, physical stress comes in the form of aches, pains and soreness.