

## Posture Perfect Challenge

Hi! And welcome to your posture challenge! It's time to get your neck and upper back feeling loose and free and your posture turning heads when you walk into a room. When someone has great posture it doesn't matter what they are wearing, they just have presence.

One thing women doing my Posture Perfect program frequently hear is "you look good, have you lost weight?" They respond with, "no, I've just been working on my posture." People with great posture look healthier. (I'm not equating weight loss to good health, just sharing what they hear.)

People notice that they are enjoying life and taking care of themselves and something is different! [\[Click here to start the complete posture program.\]](#)

Fun fact: Science shows the more we smile, the happier we are. Our body positioning dictates our emotions. When we slouch, we feel defeated. When we have great posture, we can take on the world.

Let's dive into these exercises so YOU can take on the world!

These 3 are a few of my favorites, but they just begin to scratch the surface.

Fixing neck and upper back tightness can take a bit of work, but the good news is that it's possible to feel better! A general rule of thumb I like to use for my patients is: time to acquisition roughly equals time to resolution. Meaning, if you hunched forward your whole life, it's going to take a bit more time to fix your posture than if this is a new ache from the computer or breastfeeding.

Try this challenge for me yourself and see how you feel. Set aside 5 minutes to run through these exercises every day for the next week.

<b>Checklist</b> ✓	Date/ Reps						
Midback Mobility 1-3 x 1-3 seconds							
Angel Wings with Chin Tuck Head Lift 1-3 x 5-10 slides							
Shoulder Blade Squeeze 1-3 x 5-8 squeezes							

\* Please see exercise warning.

**Video Link:** <https://www.coreexercisesolutions.com/your-posture-perfect-challenge/>

**(1) Midback Mobility** (Use a foam roller or a towel roll)

*Use caution if you have osteoporosis.*

1-3 rounds pausing at each spot for 1-3 seconds

- Lie back and place the foam roller under your midback
- Keep your bottom tucked slightly
- Do not flare your ribs
- Place your hands behind your neck and gently lean back
- Scoot down about an inch and move the foam roller/towel up your back
- Lean back again, gently lengthening neck
- Go up as high as you can and then run through each spot again
- Do not hyperextend your neck or low back



**(2) Combine Angel Wings and Chin Tuck Head Lifts**

***Angel Wings (How To)***

- Lie flat on your back with feet on the ground and arms out to the side
- Lift your arms up over your head keeping them against the floor



### **Chin Tuck Head Lifts (How To)**

- Tuck your chin down. Chest is relaxed and jaw is relaxed.
- Think about pressing the back of your head into the floor, without letting your ribs flare. This should tighten your entire core.
- Grab your hair from the back of your head. Pull on your hair, and hold your head ½ inch above the floor. You're not lifting your head. Pretend you have a clothesline and you're pulling it so taut that it lifts your head a pinch.
- Once you get strong enough to hold up your head with your neck muscles you can do the combo. Until then, just keep it separate!



### **(2) Combine Angel Wings and Chin Tuck Head Lifts**

- Combine the two exercises when you're strong enough.
- Try to hold the tuck for as long as you can up to 10 seconds
- Do 1-3 rounds of 5-10 angel wings
- If you can't hold your head up for the entire set of angel wings, hold as long as you can, then lower your head and complete the angel wings.



### (3) Shoulder Blade Squeeze in Child's Pose

1-3 sets of 5-8 squeezes

- Go into child's pose
- Place your head on the towel roll
- Place your hands out to your side
- Lift your arms and pinch your shoulder blades together as they raise
- No neck tightness (it's ok if you feel some work being done in the front of your neck)



Why in child's pose?

In this position, it's pretty much impossible to cheat by using your back muscles. It forces you to use your muscles that connect to the shoulder blades. Positioning and execution can be the difference between fixing things quickly and wasting your time.

Let's get you feeling great! Join me in the complete [Posture Perfect Program Today.](#)

**\* Obligatory Exercise Warning:**

This program is based on my personal experience. Not every program or exercise is right for every person, so you **MUST** consult with your healthcare provider before doing any exercises listed here. This is not a substitute for any kind of professional advice. You are responsible for yourself. Please stop any exercise immediately if you feel discomfort or dizziness and consult your healthcare provider immediately. Do not do this program if you have any pre-existing health or orthopedic conditions. If you do choose to do this program, you will not hold Sarah Ellis Duvall or Core Exercise Solutions LLC responsible for any illness, injury or issue that results from the program. **IN NO CASE WILL CORE EXERCISE SOLUTIONS CUMULATIVE TOTAL LIABILITY ARISING UNDER ANY CAUSE WHATSOEVER (INCLUDING WITHOUT LIMITATION BREACH OF CONTRACT, TORT, NEGLIGENCE, GROSS NEGLIGENCE, OR OTHERWISE) BE FOR MORE THAN THE AMOUNT, IF ANY, PAID BY YOU UNDER THIS AGREEMENT TO ACCESS THE PRODUCT AND SERVICES DELIVERED HEREIN, IN THE YEAR IN WHICH THE CLAIM AROSE.**