

BACK UP YOUR BACK



FIT TO LOG

A neutral posture and activated core will reduce pain and increase strength. Take a moment to restore your posture once per hour every day.

STEP 1: FIND A NEUTRAL SPINE

1. Stand tall as though a string is pulling out the top of your head.
2. Look straight ahead - don't drop or raise your chin.
3. Keep your shoulders and chest relaxed, just lengthen through your spine.
4. Put one hand on the back of your neck to check that your neck is lined up with your spine (if your head is forward, the knobby 7th vertebra will stick out. Correct this by pushing your chin straight back with the other hand until the vertebrae all line up).



STEP 2: PUT YOUR PELVIS UNDERNEATH YOU



1. Put one hand on your hip bone and the other on your pubis as shown in the photo.
2. They should be in one plane, the pubis should not be behind or in front of the hip bone.

STEP 3: ACTIVATE YOUR CORE

1. Tighten your belly by drawing your lower abdomen in and up very slightly.
2. Make sure your upper body is still relaxed, only your lower belly is tight.
3. Tighten the pelvic floor (lift your testicles slightly to activate this core muscle) and hold for a count of 10, then do 10 contractions in a row.