

SIT

Continued from 6B

goal is to offer ideas in natural correction and anti-sitting exercises. To counter immobilization and slouching in sitting, try these.

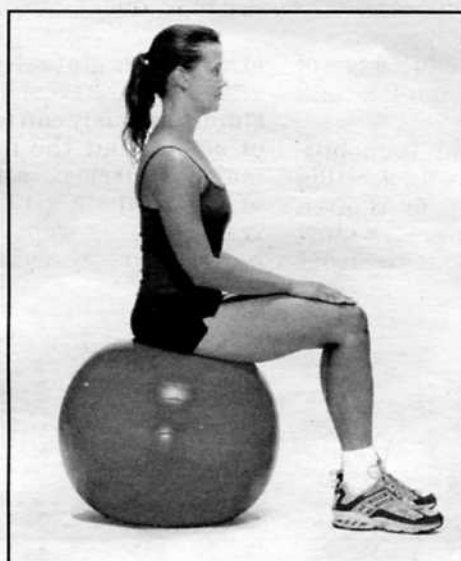
1. Sit on a Swiss ball at work, in meetings or in your home office. This does not mean buy a ball, then sit on it for eight hours straight. Gradually work up to minutes then hours. Size up a ball to where the hips/knees/ankles are at 90 degrees when sitting in the center of the ball.

2. Use a timer at your desk. Set it for every 15 minutes. Stand up and sit down every 15 minutes. It may seem easy, but you would be surprised at how many people cannot do this.

3. Drink lots of water. The more you have to go the bathroom, the more you move. Lightly stretch, rotate, turn and move while walking. The body was meant to move, so move it!

4. Sit on the end of your chair if you have no Swiss ball. This forces you to use stabilizing muscles, which become stronger. Again, do not try to sit at the end of your chair for hours on end, gradually build up in time.

5. Talk on the phone standing up and walking around if the phone cord allows. Or just stand up and sit



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Sitting on an exercise ball with the correct posture can help tone core muscles and avoid muscle problems from extended sitting. Keep hips and knees at a 90-degree angle.

down. Do something ... move.

6. Sit straight up while you're reading this column now. Pretend your hair is being pulled from the center of your head. Where do you go? Up. That's it. No squeezing the shoulders, shifting the head back, flattening or arching your low back (unless it is physical therapy specific). Sit up tall, think up ... the opposite of down!