



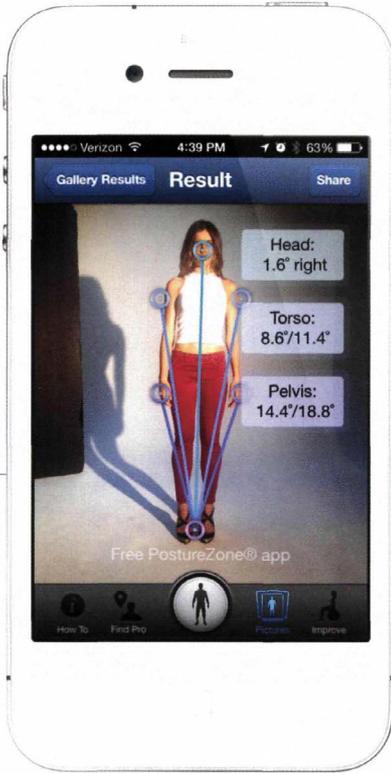
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# Support system

Instantly lighten your mood and your waistline with these three posture-improving products

## STAND-UP SNAPS

Download *PostureZone* (free for basic, \$10 for the extended version; from iTunes), an app designed by chiropractor Steven Weiniger, author of *Stand Taller Live Longer*. To use it, simply take full-length pictures of yourself head-on and in profile. The tool pinpoints imbalances, like an uneven pelvis, and offers suggestions for correcting them. Snap new pictures every few months to see how you've progressed.



## GET UP, STAND UP

Say no to "sitting disease" with **VARIDESK** ([au.varidesk.com](http://au.varidesk.com)), an adjustable platform that allows you to work from a standing or seated position. VARIDESK sits on top of your existing desk. When you feel the need to stand, simply raise the VARIDESK up using the handles on either side. When you're ready to sit again, just reverse the process. Easy, affordable and ingenious!

## BOOSTER BRA

One time you tend to sag is while working out, when you're focused on keeping your heart rate up or strength-training. To the rescue: the **IntelliSkin Empower Sports Bra** (US\$95; [intelliskin.net](http://intelliskin.net)). Elastic bands sewn into the fabric press on different muscle groups, coaxing them into proper alignment and encouraging you to stay upright.



## Form check

### SITTING

✓ **HEAD:** avoid jutting your chin forward, an especially common habit when you're in front of a computer. Doing so strains the joints and discs of your upper vertebrae.

✓ **SHOULDERS:** allow them to remain relaxed (check out our exercises on the previous page). If typing, hold your forearms parallel to the ground to keep your shoulders from rolling forward.

✓ **BACK:** nestle a small pillow or lumbar supporter, like a posture wedge cushion from **Therapeutic Pillow Australia** (\$59; [the-pillow.com.au](http://the-pillow.com.au)), behind your lower back to keep it slightly arched and reduce spinal pressure.

✓ **KNEES:** allow for a 2.5 to 5cm gap between them and the back of your seat so they can bend naturally.

✓ **FEET:** avoid crossing your legs or ankles for extended periods of time, says Weiniger. Otherwise, you'll throw your pelvis out of alignment, which can cause pain.

✓ **WHOLE BODY:** posture naturally worsens as the day goes on, due to fatigue and distractions. So when you know you'll be sitting for hours (like at work), set a quiet alarm for every 30 to 60 minutes reminding you to stand up for a few minutes, shake tension out of your limbs (stretch or take a walk, if possible), and reset your stance.