

~ ENHANCE POSTURE ~

At Home Rituals by [Bulgari Spa London](#)

BEST FOR

Osteopath & Naturopath, Susannah Makram, explains how to align your body in the optimal sitting position and correct your posture in five simple steps. Making these adjustments to musculoskeletal balance will safeguard your body for longevity, and also increase energy levels and concentration through an improved flow of oxygen around the body.

FIVE STEPS

- 1.** Adjust the height of your chair so that both feet are flat on the floor, and avoid crossing your legs.
- 2.** Keep your feet and knees roughly hip width apart. To achieve this, start with your feet together. Turn out your toes as far as you can, then bring your heels level with your toes and your feet will be roughly hip width apart. Now bring your knees in line with your feet and make sure there is a small gap between the back of your knee and the edge of the chair.
- 3.** Position the top of your work screen at eye level, never off centre and about arm's length away. Raise it with a screen riser, or simply a stack of your favourite hard back books if necessary.
- 4.** Aim to keep your elbows at 90 degrees, and opt for a chair with a slightly forward tilted back if possible.
- 5.** These first four steps create the 'neutral position' which is the optimal posture when sitting at a desk or table. Finally, set a reminder to move from your desk and stretch every 20-30 minutes, or at least every hour.

ADDITIONAL TIPS

- ✓ Visualise a length of string **pulling your head upwards** as you sit straight and tall
- ✓ Picture your body position **mindfully** as if you were another person looking in
- ✓ Practise **deep breathing** exercises whilst you consciously alter your posture
- ✓ Use the **speakerphone or earphones** when making or taking calls
- ✓ Bring hand held devices up to **eye level** when typing rather than looking down

