

Fitness Forum: Desk posture is cured with an angel

by Copley News Service

If you're up against a wall, you might as well get some exercise.

Firefighter Brenda Monteleone demonstrates the initial Wall Angel exercise. CNS BETTER POSTURE - Keeping her arms, shoulders and spine against the wall. CNS THE MOVE: Standing "wall angel."

WORKS ON: Stretches the chest, shoulders and neck while strengthening multiple "postural" muscles.

SETUP: Lean back against a wall and bend the knees slightly. Move feet 18 inches from wall. Flatten your entire spine against the wall (roll your pelvis back so your lower back arch goes away). Keep your head and eyes level and touch your head to the wall.

STEP 1: Bend your elbows to 90 degrees, and bring the arms up to shoulder height. Roll the arms back until the shoulder blades, forearms and wrists are flat against the wall. Maintain a flat spine against the wall.

STEP 2: Keeping the arms flat against the wall and the elbows at 90 degrees, slide the arms up the wall until your fingertips meet above your head or you can no longer keep your spine and arms flat against the wall. Maintain the stretch for 15-30 seconds. Relax your jaw and breath regularly. Once the position is learned, it can be mimicked without using a wall.

SAFETY TIP: If you can't touch your head to the wall without dropping the head back (lifting the nose), use a small towel or pad to take up the gap until your flexibility improves.

REPETITIONS: Four repetitions per hour.

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