

# Posture Exercises

## Sit Bones & Happy Dog

1. Locate your sit bone, These are the bones at the base of your pelvis
2. When sitting your weight should be forward of your sit bones, not behind.



Weight in front of sit bones will cause a 'slump' with rounded shoulders and compressed abdomen



Pushing shoulders back will cause chest and trunk to push forward and arch lower back

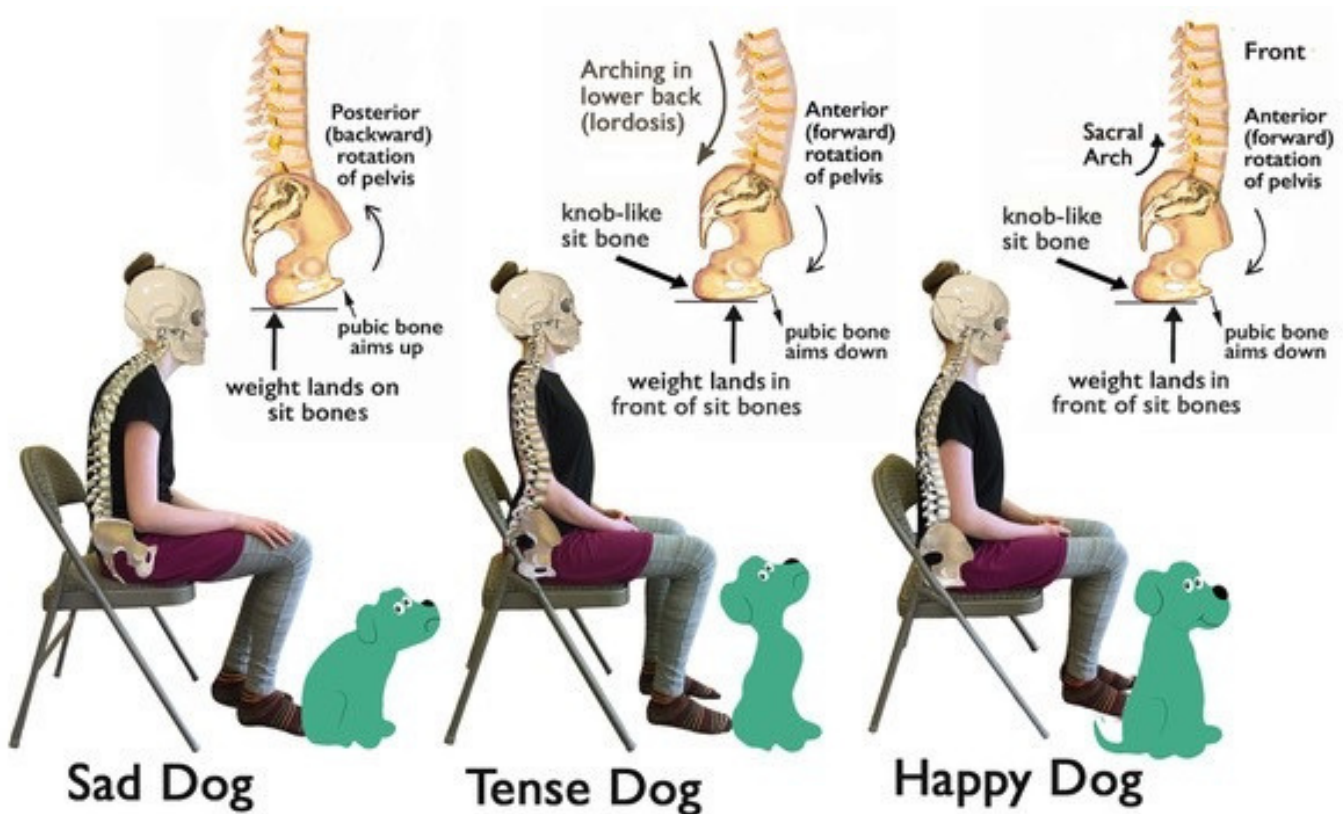


Image source: kathleenporter.com



A neutral spine with weight in front of sit bones is the ideal sitting position. Both feet flat on floor is ideal.