



Use this exercise to improve your posture.

This exercise stretches the muscles in the back of your neck and makes them stronger. This can make your posture better all the way down your back!

1. **Stand up with your back against a wall.** Pull your shoulders back and down.
2. The back of your head should be up against the wall with **your chin slightly tucked under your neck** so that you are looking straight ahead.
3. **Keeping your head against the wall, take 1 step away from the wall.** Now, only the back of your head should be touching the wall. Your shoulders should not be touching the wall. Your tailbone should be tucked under your waist so that your body from the shoulders down is straight like a board. Your feet should be hip-width distance apart.
4. **Check yourself.** Try and look like the photo below! Your ears should be right over your shoulders, if they are not, tuck your chin under your neck more.
5. **Hold this position for 1 minute.** While holding this position you should feel a slight stretch in the back of your neck and head.



(Photo taken from bradleychiropracticnutrition.com)

**If you have any questions about wellness, please contact
(212) 432-8494 or wellness@chnnyc.org.**