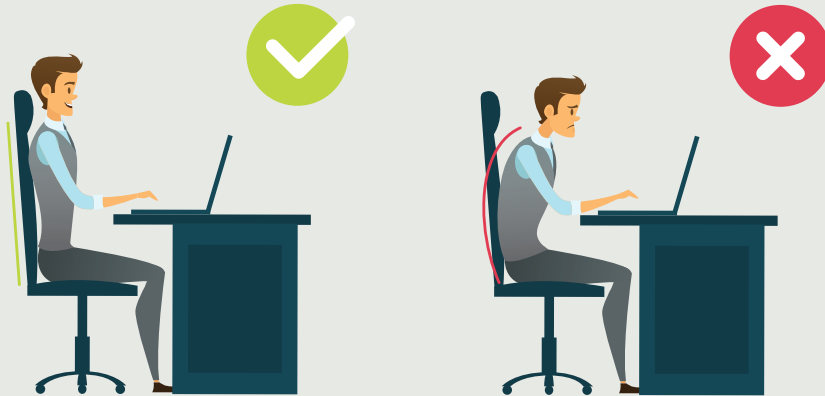# VITRA HEALTH

3 Tips To Prevent Bad Head Posture

Maintaining good head posture is crucial for all ages to prevent discomfort and maintain overall health. Bad posture can lead to health problems, such as headaches, neck pain, breathing issues and poor balance– just to name a few.
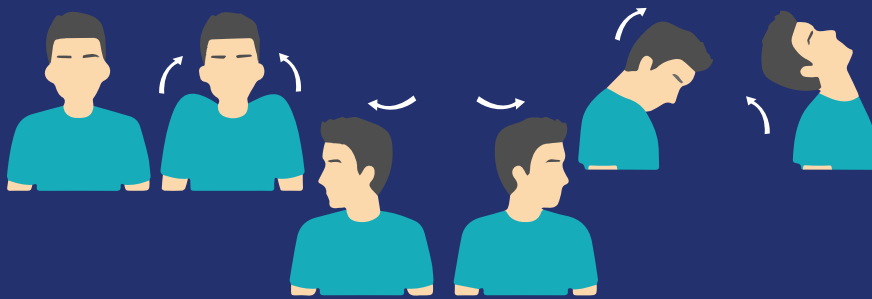
Practice Good Sitting Habits

Relax your shoulders while keeping your back straight, no slouching

Try to keep your chin parallel to the floor and ensure your feet touch the ground.

Avoid long periods of sitting and take breaks to stretch or walk around.

Exercise Shoulders & Neck

Stretch your neck stretches by slowly moving your head from side to side and front to back.

Do chin tucks and shoulder rolls to strengthen your upper back.

Squeeze your shoulder blades together while keeping your back straight.

Strengthen your core to control your pelvis—it is the foundation of good posture!

Avoid Poor Posture Activities

Limit your overall screen time.

Use your phone, tablet, or phone with a forward-head posture.

Avoid long periods of using a computer or watching TV.

You can improve your posture and avoid health issues by simple lifestyle changes such as staying active and adding simple exercises into your daily routine.

VITRA HEALTH

We Care For **You** In **Your** Community

VITRA Health is dedicated to providing comprehensive assistance to individuals who care for their loved ones at home. We understand that most caregivers face tremendous financial and emotional challenges, often without any compensation for their selfless efforts. Our mission is to alleviate these burdens and ensure that families can stay united with the support they need.

www.VITRAhealth.com