

ERASE 7 YEARS IN 7 MINUTES!

SHAPE

SHAPE
YOUR
LIFE

**BELLY
FAT
FIX!**

The
Express
Plan

9 MOVES
to SHRINK
& TONE

**Sofia
Vergara**

How She
Got Her
Best Body
at 42, p20

5 STEPS
TO KILLER
CONFIDENCE

**SLIM
SEXY &
STRONG**

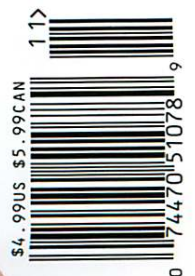
See Results
In 6 Days

**CRAZY
HOT
SEX!**

5 Healthy Reasons
to Do It Tonight

**TAKE
CONTROL
OF YOUR
CRAVINGS**

NOVEMBER 2014
SHAPE.COM



DISPLAY UNTIL
NOVEMBER 17, 2014

Live Healthy

Straight talk

Poor posture does more than trigger back and neck pain—it can sap your mood and energy levels too. Here, moves and tools to help you beat the bend.

POSTURE
PICK-
ME-UP

Photograph by Meredith Jenks; hair by Casey Geeren using Aveda for ABTP.com; makeup by Andrew Colvin using Chanel; on-set styling by Aretha Busby. Chair courtesy of Herman Miller

SITTALL
The ergonomic Herman Miller Sayl chair (from \$470; hermanmiller.com) offers flexible support, to help you sit pretty all day long.



Support system

Instantly lighten your mood and your waistline with these three posture-improving products.

STAND-UP SNAPS

Download *PostureZone* (free for basic, \$10 for the extended version; itunes.com), an app designed by chiropractor Steven Weiniger, author of *Stand Taller Live Longer*. To use it, simply take full-length pictures of yourself head-on and in profile. The tool pinpoints imbalances, like an uneven pelvis, and offers suggestions for correcting them. Snap new pictures every few months to see how you've progressed.



SLUMP SPOTTER

Clip the discreet *Lumo Lift* (\$100; liftstore.lumobodytech.com), an activity tracker, to your shirt or bra strap so the sensor is touching your chest, fire up the accompanying *Lumo Lift* app (free; itunes.com), and go about your day. It measures all the usual info—step count and calories burned—as well as how long you spend in strong (and not-so-strong) posture. Put it in “coach” mode and it will gently vibrate when you start to wilt.

BOOSTER BRA

One time you tend to sag is while working out, when you're focused on keeping your heart rate up or strength-training. To the rescue: the *IntelliSkin Empower Sports Bra* (\$95; intelliskin.net). Elastic bands sewn into the fabric press on different muscle groups, coaxing them into proper alignment and encouraging you to stay upright.

Form check SITTING



- ✓ **HEAD:** Avoid jutting your chin forward, an especially common habit when you're in front of a computer. Doing so strains the joints and discs of your upper vertebrae.
- ✓ **SHOULDERS:** Allow them to remain relaxed (check out our exercises on the previous page). If typing, hold your forearms parallel to the ground to keep your shoulders from rolling forward.
- ✓ **BACK:** Nestle a small pillow or lumbar supporter, like the *BackJoy SitSmart Posture Plus* (\$40; backjoy.com), behind your lower back to keep it slightly arched and reduce spinal pressure.
- ✓ **KNEES:** Allow for a 1- to 2-inch gap between them and the back of your seat so they can bend naturally.
- ✓ **FEET:** Avoid crossing your legs or ankles for extended periods of time, says Weiniger. Otherwise, you'll throw your pelvis out of alignment, which can cause pain.
- ✓ **WHOLEBODY:** Posture naturally worsens as the day goes on, due to fatigue and distractions. So when you know you'll be sitting for hours (like at work), set a quiet alarm for every 30 to 60 minutes reminding you to stand up for a few minutes, shake tension out of your limbs (stretch or take a walk, if possible), and reset your stance.



Illustration by Paul Oakley