

## **Your Body is an Engine: How to Prevent Frequent Checkups**

Everyone's heard that poor posture is bad for you. There are a lot of reasons to aim for good posture but in our day to day lives these reasons are often left on the back burner in favor of what we feel are more important things. We have bills to pay, papers to write for college or news to digest which leaves us with a slouched back, hours spent in one position and the idea that stiffness and pain just "come with age."

Our body has 600 muscles and 200 bones. Like any machine, it relies on all its parts to keep it moving smoothly. Without daily maintenance, we tighten up these parts and leave them more prone to injury. Eventually we rely on massages, chiropractors or back braces to fix the problems we create.

Imagine driving your car every day without checking wear and tear, checking the oil or refilling the gas. What would happen? We're so used to the universal experience of "growing older" that we question very little, but personal trainers assert that it doesn't have to be this way.

Our muscles are meant to move, just like any vehicle. Muscles adapt to stress, whether we're at the gym or stationary. Holding one position tells our body "this is the way I'm meant to be," and that becomes the new norm, whether it's good for us or not. Eventually, even good posture can become painful because it's new and different to the body. Not necessarily bad, just different—and that takes getting used to. There's a reason everyone was probably told "not to slouch" at least once while growing up.

The body functions best while aligned properly. Even something as simple as gravity, when placed on an improperly positioned body, can cause unnecessary strain, according to [This Ted Talk](#). Poor posture can even affect our emotional state.

Most people understand the benefit of good posture, but it's much more difficult in practice. Years and years of bad posture leads to our body compensating for self-made problems. There's unfortunately no way to change a habit without constant reminders to not lean forward and go into our daily daze while checking Facebook, the news or YouTube.

There are many tips and tricks for holding onto good posture and we'll discuss those at a later date, but until then it's best to put a reminder on your phone and on your wall. If you're unwilling or unable to get your muscles moving to oil your engine, remember to keep upright and think of an imaginary string hanging from your earlobe down your body while standing as a reference. While sitting, your feet should be flat on the floor with your ear aligned with the middle of your shoulder.

Starting a habit is unfortunately not easy, but good posture and daily maintenance will keep you going strong for years to come.