



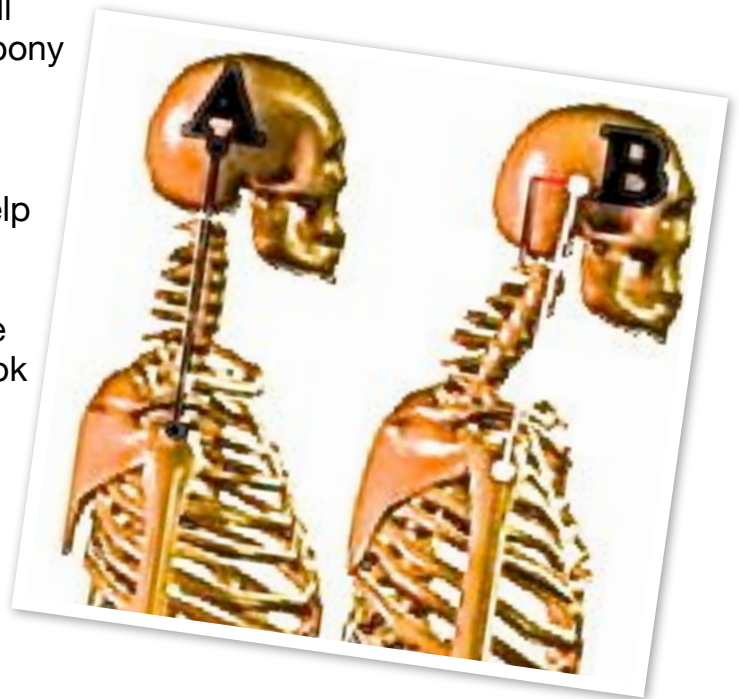
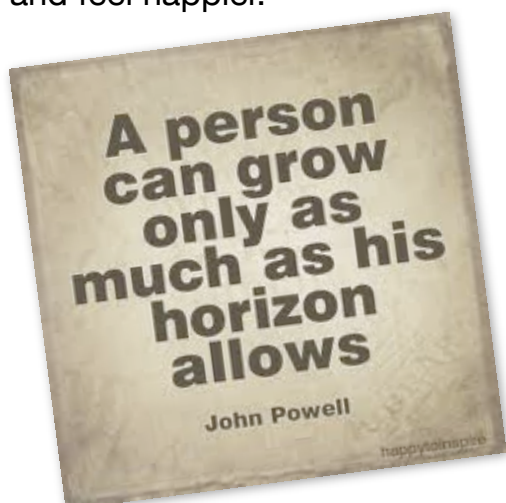
Tip of the Week

What are you focussing on?

Week 9 of 52 – lift your gaze

Top Tip Number 9

Where you focus your gaze when you walk around can impact on the neck and shoulder girdle musculature tension and your posture. Lifting your gaze towards the horizon rather than focussing on the floor can ease the tension in the upper trapezius muscle and other muscles designed to lift the skull. The skull is heavy and even a few degrees angle of lift will reduce the strain on the muscles and bony structures of the neck and shoulders. Overtime, this can help prevent the postural changes that can occur with aging. Keeping your head lifted will help to promote a more youthful posture. There is also some research that concluded; lifting your gaze toward the horizon can also lift your mood. So look ahead to lower tension, stay youthful and feel happier.



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