

# Finding Your Perfect Posture

Good posture is critical to strong, fast, and more importantly, healthy running. Good posture – where the spine, pelvis, and rib cage are lined up in the manner in which they were designed – allows for a strong, stable core when running.

The first element of good posture is engaging the transverse abdominal muscles, which stiffen the core from the hips to the ribcage, providing muscular support to the spine.

## Finding your transverse abdominals

- 1) Stand up tall.
- 2) With your index fingers, find the bony bumps in the front of your pelvis near your belt-line.

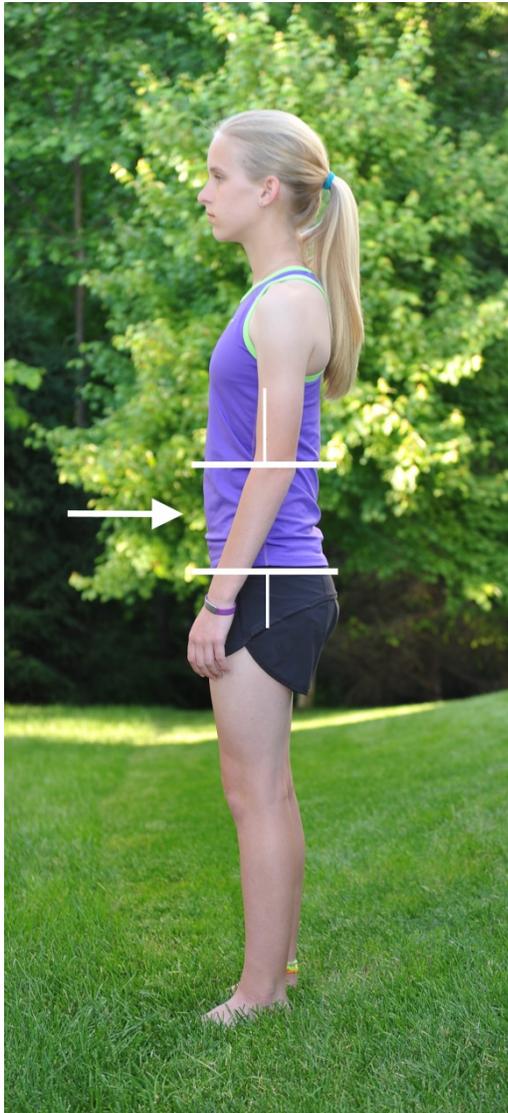


- 3) Slide your fingers up about an inch.



- 4) Take a deep breath, close your teeth, and hiss for a long, slow exhale.
- 5) You should be able to feel muscles tighten up under your fingers. These are your transverse abdominals.
- 6) Figure out how to tighten the transverse abdominals at will and still be able to breathe at the same time.

The second element to good posture is aligning the ribcage, spine, and pelvis in the manner the body was designed.



### Properly aligning your spine

- 1) Stand up tall, sideways to a mirror.
- 2) Tighten your transverse abdominals slightly.
- 3) Imagine your pelvis as a bowl. Tip your bowl forwards or backwards until the rim of the bowl is level.
- 4) Imagine your ribcage as a bell. Tip your bell so that the rim of the bell is level, neither rung up nor rung down.
- 5) Shift your rib cage slightly forwards or backwards until your bell is directly over your bowl (ribcage directly over pelvis).
- 6) Unlock your knees slightly. Knees should be straight but not locked.
- 7) Where is the weight over your feet? Heels? Toes? Or somewhere in the middle?
- 8) If your weight is not in the middle of your feet, tip forwards or backwards ever so slightly from the ankles (not the hips) until you feel your weight evenly distributed over your feet.

This is Your Perfect Posture – tall, balanced, transverse abdominals slightly engaged, a body ready for action at a moment's notice. Use this posture every waking moment of every day.