

# Posture Practice Online


## Posture Exercise & Education Training Program

# Reading list

1	Posture, Pain and Aging	2
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3	Posture Anatomy - The parts of our body that we use to stand up, sit down and move around	40
4	Motion: The 1 <sup>st</sup> Posture Principle	62
5	Balance: The 2 <sup>nd</sup> Posture Principle	80
6	Patterns: The 3 <sup>rd</sup> Posture Principle	106
7	Compensation: The 4 <sup>th</sup> Posture Principle	138
8	Adaptation: The 5 <sup>th</sup> Posture Principle	162
9	StrongPosture™ - A LifeHabit for Intelligent Aging	196

Module #	Read pages
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Below is a tool to use for recommending readings in Stand Taller~Live Longer to patients. A pdf of this form is available for students on request from [DrWeiniger@BodyZone.com](mailto:DrWeiniger@BodyZone.com)



### Posture Exercise and Education Program Prescription

CLINICAL FILE COPY- Page numbers refer to *Stand Taller ~ Live Longer*. ISBN 0-9797136-0-9

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Posture Exercises

BALANCE	ALIGNMENT	MOTION
<input type="checkbox"/> One Leg Balance 18-24	<input type="checkbox"/> Pelvic Tilts 66-69	<input type="checkbox"/> Ball I- BallSit 33-39
<input type="checkbox"/> Breathing I 54-55	<input type="checkbox"/> FHP/Neck Retractions 120-125	<input type="checkbox"/> Ball II- BallMarch A:58-60 B:91-93
<input type="checkbox"/> Breathing II 156-157	<input type="checkbox"/> See-Saw 126-129	<input type="checkbox"/> Ball III- BallTilt 74-78
	<input type="checkbox"/> Arms UP 158	<input type="checkbox"/> BallStretch 94-102
	<input type="checkbox"/> PostureAngel 182-185	<input type="checkbox"/> Ball SideStretch A:103-104 B:160
	<input type="checkbox"/> Active Stretching 172-174	<input type="checkbox"/> AbFocus A: 131-133 B:134-6
	<input type="checkbox"/> Chiropractic & Motion 117-119	<input type="checkbox"/> BallHug 159
		<input type="checkbox"/> Superman 186-194

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Understanding Posture

Health & Longevity	Biomechanics	StrongPosture LifeHabits
<input type="checkbox"/> Posture and Aging A: 3-4; 8-9 B: 11-14 C: 165-171 D: 197-9	<input type="checkbox"/> Posture Anatomy I 41-42	<input type="checkbox"/> HabitKeys 200-201
<input type="checkbox"/> Posture and Pain 5-10	<input type="checkbox"/> Anatomy II- Muscles 43-48	<input type="checkbox"/> Walking 202-203
<input type="checkbox"/> Wrong vs Strong Posture 5-6	<input type="checkbox"/> Anatomy III- Spine & Nerves 49-50	<input type="checkbox"/> Staircases 204-205
<input type="checkbox"/> Posture and Your Habits 7	<input type="checkbox"/> Anatomy IV- The Core 51-54	<input type="checkbox"/> The Problem with Sitting 65
<input type="checkbox"/> Why Exercise Posture? A: 12-14 B: 175-179	<input type="checkbox"/> PP1- Motion 63-64	<input type="checkbox"/> Sitting Smart 206-207
<input type="checkbox"/> Awareness I- Find your best posture 25-26	<input type="checkbox"/> PP2- Balance and Posture 81-84	<input type="checkbox"/> Driving/Computing 208-209
<input type="checkbox"/> Awareness II- Take a posture picture 27	<input type="checkbox"/> PP3- Patterns & Chains 107-116	<input type="checkbox"/> Lifting 210-211
<input type="checkbox"/> Awareness III- Assessing your picture 28-32	<input type="checkbox"/> PP4 Compensation 148-155	<input type="checkbox"/> Sleeping 212-214
	<input type="checkbox"/> Pain Cycle 145-147	<input type="checkbox"/> Posture & Performance 119
	<input type="checkbox"/> PP5 Adaptation 163-164	<input type="checkbox"/> Ice or Heat 217