



STAND TALLER for Posture Month

How to assess and correct your posture

May was National Correct Posture Month, and it seems Mom was even right about standing up straight. From athletes like Soul Surfer Bethany Hamilton who work with a postural alignment therapist, to the thousands of people with back pain and muscle aches being helped by Certified Posture Exercise Professionals, strengthening posture is important.

Improving your posture is not just about looking good. Studies show people with better posture really are healthier and actually live longer. From kids with backpacks or cane-carrying seniors, studies show poor posture is a major cause of back and neck pain for all ages, and over time often contributes to digestive and cardio-pulmonary problems.

Here are three things to help keep you standing tall: Take an annual posture picture; do posture strengthening exercises; and have smart posture habits.

1. Take an annual posture picture to set the benchmark for YOUR body. Ask a friend to take your picture from the front, back and side. Print them out, one to a sheet, and look at your body symmetry. Just comparing posture pictures from year to year can be eye-opening. You can assess your alignment by putting a dot between your feet on the front and back view, and at your ankle on the side view. Then, fold each paper in half neatly at the dot.

Front and back view: The two halves of your body should be the same. If your head and/or torso is off to one side, or your arms are hanging differently, your posture is not symmetrical.

Side view: The line from your ankle should pass thru your shoulder and ear. If your head is way forward of that line, you may have a posture distortion called Forward Head Posture (FHP).

File your posture picture and compare it to a new one next year.

2. Do Posture Strengthening Exercises to maximize the benefit of any workout, or as a beginning exercise to get in shape. Yoga, Tai-Chi and Pilates are all great for building body awareness and control, along with the new StrongPosture™ exercise programs

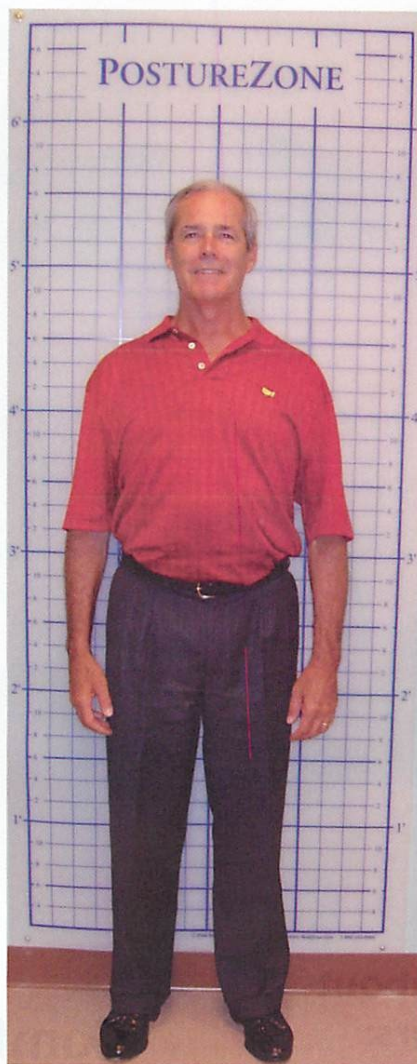
from my book, *Stand Taller~Live Longer, An Anti-Aging Strategy: 10 Minutes a Day to Keep Your Body Active and Pain-Free.*

The first StrongPosture exercises I recommend are the Stork for strengthening balance and WallStand to strengthen alignment.

- **Best Posture STORK:** Train yourself to stand tall while building good posture by balancing on one foot. First, stand tall with your best posture, and then focus on staying tall and straight as you lift your thigh so your knee is at hip height. Keep standing tall for 30 seconds on each side, focusing on keeping your body well aligned.
- **Vertical WALLSTAND:** Back up to a wall so your heels, buttocks, shoulders and head all lightly touch the wall while you keep everything level, relaxed and aligned, and take three slow breaths, feeling your body's best posture. *Note: If you feel any areas of stress, have your posture checked by a professional.*



Ask a friend to take your picture from the front, back and side so that you can monitor your posture.



The two halves of your body should be the same. If your head and/or torso is off to one side, or your arms are hanging differently, your posture is not symmetrical. The posture on the left is distorted while the posture on the right is balanced.

3. Choose smart posture habits. Get a good chair, and change it's position during the day. If you're going to play videogames, exercise more than your thumbs with games that make you move, such as the the motion sensing Nintendo Wii or Xbox Kinect. Invest in quality shoes and consider using a shoe insert or orthotic, especially if you've had foot problems.

If you have back pain, neck soreness or other posture problems, or want to find out how strengthening your posture can improve sports performance (i.e.—golf, tennis, baseball) and wellness, help is available. Consult a Certified Posture Exercise Professional or other chiropractor, a physical therapist or massage therapists trained to analyze posture pictures

and teach individualized posture exercise routines for pain management and wellness.

Your posture is how the world sees you, and a bit of effort at strengthening your posture is an anti-aging habit to make you look and feel better, avoid injury and exercise effectively to stay active and age well.



Steven Weiniger, DC, internationally recognized expert on posture and anti-aging, is author of Stand Taller~Live Longer. He is also senior editor of BodyZone.com, an online wellness resource that offers a national directory for C.P.E.P.s (Certified Posture Exercise Professional) and other posture professionals.

Colgate®

Sensitive Pro-Relief™ Rx ONLY
DESENSITIZING PASTE

PRO-ARGIN™ TECHNOLOGY
Instant Sensitivity Relief*

*after SRP Treatment

IN OFFICE TREATMENT

The Prescribing Information covers the following product sizes: 0.07 OZ (2.0 g) unit dose cups and 3.0 OZ (85 g) tubes

PRESCRIBING INFORMATION

Description: Colgate® Sensitive Pro-Relief™ is a desensitizing paste that provides instant sensitivity relief after 1 application. The Pro-Argin™ Technology effectively plugs and seals open dentin tubules when polished into teeth with a rotary cup.

Composition: Colgate® Sensitive Pro-Relief™ Desensitizing Paste contains hydrated silica, calcium carbonate, glycerin, arginine, water, bicarbonate, flavor, cellulose gum, sodium saccharin, FD&C blue no.1.

Indications and Usage: Colgate® Sensitive Pro-Relief™ is to be used for the management of sensitive teeth, post scaling and root planing. It is a tubule occluding agent designed for professional application with a rotary cup during standard dental practice hygiene procedures.

Dosage: To be determined by the dental professional for the treatment of dentin hypersensitivity.

Directions for use:

1. Place enough paste for one procedure in a clean dappen dish or other suitable container (when dispensing from tube).
 2. Fill a rotary cup with paste and run rotary cup at low to moderate speed.
 3. Polish product into each tooth, on sensitive areas or areas that can become sensitive (can be applied to entire dentition). Apply product to sensitive areas for 3 seconds, then repeat.
- NOTE: Throughout procedure, sufficient paste should be maintained on the cup to avoid overheating of the tooth surface. Saliva evacuation is recommended to avoid excess dilution and swallowing of the paste.

Contraindications: Colgate® Sensitive Pro-Relief™ is contraindicated in patients with a known allergy to any of the components.

Warnings: Colgate® Sensitive Pro-Relief™ may cause eye irritation upon contact. If contact with eyes occurs, immediately flush eyes with plenty of water for 15 minutes. Seek medical attention if irritation or discomfort persists.

Precautions: Colgate® Sensitive Pro-Relief™ should be used only by individuals professionally trained to perform dental prophylaxis. During use, wear protective glasses, mask and gloves.

Storage: Store at room temperature. Do not store pastes above 77°F (25°C). Keep out of direct sunlight. Close cap immediately after use to avoid moisture loss.

Lot number and Expiration date: The lot number should be quoted in all correspondences which requires identification of the product. Do not use after the expiration date.

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Colgate Oral Pharmaceuticals, a subsidiary of Colgate-Palmolive Company. New York, NY 10022 U.S.A.

For full prescribing information please visit www.colgateprofessional.com
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