

Is there anything I can do to prevent hunching over as I age?

July 5, 2017



Answered by:
Valerie Wojciechowicz
Wellness Expert
4HIVHelp.com

Absolutely! Good posture becomes increasingly more important as we age. As a child many of us were told to “stand up straight,” which was actually a great command.

Start by standing or sitting as tall and straight as possible, especially when driving or using a computer. Focus on keeping abdominal muscles tight by squeezing them as you would if someone tickled you.

Ultimately, from a side view you should see a straight line from ears through shoulders, hips, knees and ankles. If you are leaning forward, stand with your back, hips, shoulders and head against the wall.

Start with twice a day for a minute at a time. If you notice your head protrudes forward, focus on your form with hand held devices and computers.