



## Body Awareness

*by Andrew Chapman, Registered Massage Therapist*

The body is designed to move in a certain way, and if our posture is off we can end up with pain.

To talk about body awareness we should look at our posture. Let's talk about posture in three different areas: 1) posture while sleeping, 2) posture at work, and 3) posture at the gym.

### Body Posture While Sleeping

We spend a lot of time sleeping, some of us sleep in one position all night and some toss and turn. How can we find a comfortable position so we can sleep better and wake up feeling rested? Pillowing properly. The use of pillows to help cradle our body in a comfortable, proper position helps us sleep better. When we sleep better we walk up better, more relaxed



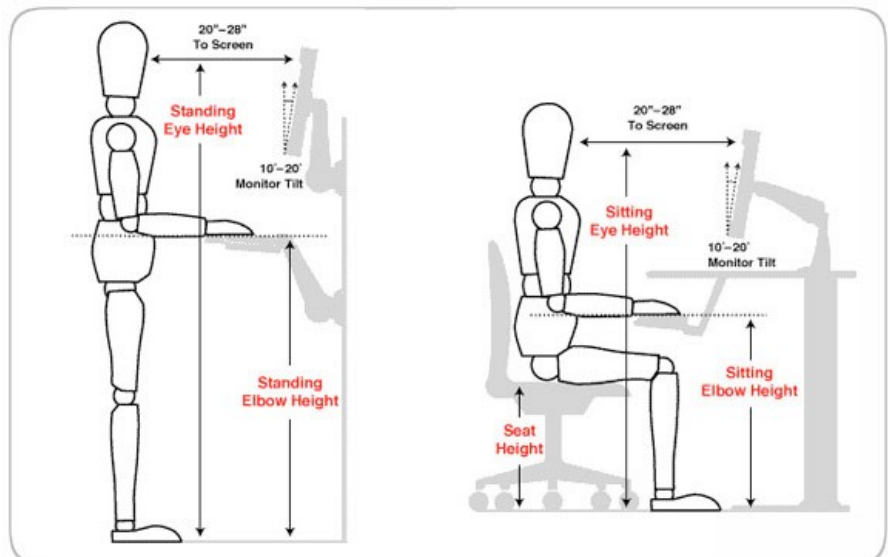
Good sleeping posture



Good posture when sleeping on your side

### Body Posture At Work

Some may know this as ergonomics. In other words, how to use the equipment (i.e. computers) at work better or easier to reduce our fatigue and discomfort. So if we have better posture at our desks our muscles won't have to work as hard therefore reducing fatigue.



## **Body Posture At The Gym**

Now we need to take this to the gym. With the knowledge from a great trainer we can learn to use the equipment properly so that we strengthen our muscles in a balanced way. When our muscles are balanced our bodies just work better.

No matter where you are or what you are doing, awareness of your body posture acts as another tool for a healthier body.

**Are you experiencing discomfort in your muscles or joints? We can help. Contact Heritage Fitness today to book an appointment with a registered massage therapist.**