



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Posture Awareness and Corrective Class

Has your posture slumped over the years?

Do you have neck or back discomfort?

Do you have Compromised bone density and muscle strength?

This class teaches how to understand what correct posture is and how to properly control the core muscles to improve posture.

The Posture and Core Exercises Class runs twice per year in the Spring and Fall.

This small group **single session class** is running through the months of October and November of 2023 and is free for YMCA members. It will run Tuesdays at 10:15AM with a limit of 5 different people each week. Classes on 11/14/, 11/21, and 11/28 still have openings. To register, please contact Paul Discipio via email pdiscipio@mvyymca.org or in person in the Active Living Center, located on the lower level of the Andover-North Andover YMCA.

The class will cover what neutral spine posture is and what its benefits are including:

- 1. Protection of the intervertebral discs (reduce risk of disc herniation)**
- 2. Increased bone density and proper bone morphology**
- 3. Increased daily caloric expenditure**
- 4. Teaches proper alignment for most weight training exercises and cardiovascular motions.**
- 5. Correct core control will protect the umbilical and inguinal seams of the rectus abdominus-abdominal wall. (reduce risk of umbilical and inguinal hernia)**

The present state of your posture will be assessed and three basic posture correcting exercises will be covered. Additionally, a handout is supplied that covers 10 basic core exercises to help with posture and condition the muscles of the front, side and rear of the spine and pelvis.