

STANDING

- ✓ Stand on your left leg with your right foot slightly ahead of your left.
- ✓ Shift your left hip back behind your right (rotating through your pelvis and not your trunk).
- ✓ Your left shoulder will be slightly lower than your right.
- ✓ You should feel the majority of your weight on your left foot and heel.
- ✓ If you are holding a child, stand on your left leg with the child in your left arms.
- ✓ If you are carrying a purse or bag, place it on your right shoulder or in your right hand. This causes your body weight to shift to the left to counteract the weight from the bag.
- ✓ If you are wearing a backpack, it is preferable to use both straps across both shoulders, however you can alternate between this and your right shoulder.



For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living

