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LIVING



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Posturing for health

Today's sedentary lifestyle promotes poor posture

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You'll look at people differently after you've listened to Yvonne Rosenthal.

Rosenthal is a massage therapist and posture enhancement specialist. She has a video showing a variety of people walking on a beach with a voiceover pointing out posture problems that could eventually cause physical ailments — some of them serious.

There's a guy with rounded shoulders; another with a concave chest; a woman who torques her hips too much; a guy with a waddle; another who swings his arms across his body as he walks.

They're all posture defects that put stress on muscles and bones and can lead to chronic pain or worse, Rosenthal says.

But a posture enhancement therapist can teach you a series of exercises that will help prevent future injuries and even get rid of pain you may already have, she says.

"Humans are designed to have their primary weight-bearing joints — shoulders, hips, knees and ankles — vertically aligned and horizontally parallel with the ground,"

Rosenthal, who trained under Geoff Gluckman, founder of the Dynamics of Physical Development Consultants in San Diego.

According to Gluckman, the body is aligned when the shoulders, hips, knees and ankles are level on both sides when viewed from the front, and are directly above one another

when looked at from the side. There are no twists, rotations, tilts or imbalances, and knees and feet point straight ahead.

But today's stationary lifestyles promote postural weakness and muscle imbalance.

"If we slump when we're in a chair for long periods, we often carry on the same posture when we get up and walk around. Pretty soon we have a permanent slump."

"Most people aren't aware of their posture or what good posture should be. So that if they have a problem resulting from poor posture, back or neck pain for example, they don't know what's causing it," Rosenthal says.

"How would you know your shoulder problem is being caused by rounded shoulders; or the headaches are being caused by walking with your head too far forward?"

The exercises Rosenthal teaches clients — and there are as many as 50 of them — re-educate the body to naturally good posture. They are geared to each person's posture, flexibility, strength and motivation, but she says you'll notice results in four to eight sessions.

Many of the low-impact exercises are modifications of yoga techniques, and some involve strengthening and stretching. Eventually, you'll have more stability when standing, you'll feel more flexible and you'll have much more co-ordination,

Rosenthal says. Athletes such as golfers and weightlifters use the exercises to make sure their posture's correct before they do their sports. In fact Gluckman, who lectures worldwide on body biomechanics, has been a guest staff member at the Nicklaus/Flick Golf School.

"It makes sense that if your posture is correct before you work out, there's going to be far

less chance of injury," Rosenthal says.

And you can never start too early making sure your posture is perfect. Rosenthal has given talks to students at O'Leary high school and found them interested and responsive.

But she acknowledges it's still a new discipline in Alberta and she's one of the few people teaching it.

But she believes it will eventually become part of a multi-discipline approach to taking care of our bodies.

"I'm a runner and I'm living these exercises. My body is so much more efficient than it used to be. It doesn't seem as if I'm wasting energy any more."

PHOTOGRAPHS: BRUCE EDWARDS, THE JOURNAL

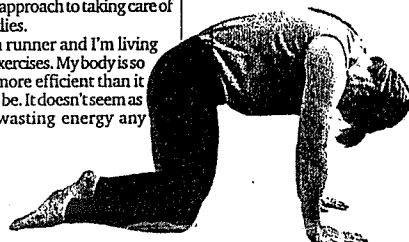
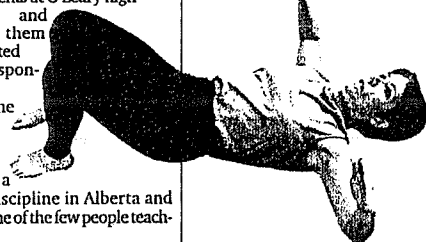


A proper stance, above.



On the floor, arms outstretched, ankle to knee, above.

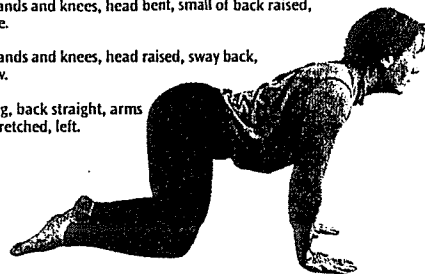
On the floor, tummy tucked, knees and hands raised, left.



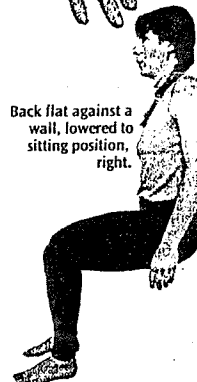
On hands and knees, head bent, small of back raised, above.

On hands and knees, head raised, sway back, below.

Sitting, back straight, arms outstretched, left.



Back flat against a wall, lowered to sitting position, right.



LIVING

Save the t

We have our They're our zo gered species pools are shel tion. But reesta imals in the w possible, write: Cynthia Mills's magazine. Wl species are rel she says, they vive. "What when it can nature?" M

Advent

Nearly half of North Ameri adventure trij years were wo data of the Trv ciation of Amer ness magazine.

Hike to fit

Speaking of t another report a good hike st lower body and ries — aroun than a treadmill cause the unev predictable c places a greater muscles, the m

The thrill

Once the rom relationship me a recent Health vey of 3,428 wc said they wouk lationship with

A bolt for J

After all the charges agai Franklin? Shock is yes. Among Fr mous accompli venting the ligh new study says flawed and the if they are blunt sharp. Research ico tested both t rods, along wit vices called "ear ters," which ma tend are even be at attracting ligh blunt, rounded c the scientists req cal Research Lett

Top 10 tips: weight-loss

Listen up bal doesn't take mu start getting lie; Weight loss of cent can reduc sociated with b says Dr. Art S pACTION's nati rector.

Because of th boomers are pa tible to creepin; typically 20 to tween the ages ParticipACTIO weight loss and 1.) Consult w

PERSONAL FINANCE

Investing? Women do it better

HANK EZELL
Cox News Service
ATLANTA

Women live longer and have less money than men, so they need to be better investors.

The good news is that women are better investors.



Less common worries included family, 22 per cent; health, 15 per cent; time and stress, 14 per cent; or career issues, 8 per cent. Education and equality got the remaining votes. There are good reasons for those worries. Women live longer, receive

Inside Tips For Living

2 FAMILY FEUDING OVER JEWELRY

3 HEALTH Braces for the very