

# Posture Break

*~Let Hope Be Your Guide to Health*

## **Brügger's Postural Break**

While sitting in your chair follow these simple steps:

1. Perch at the edge of your chair
2. Turn your feet out slightly
3. Have your feet be slightly farther apart than your hips
4. Tuck your chin in slightly as if nodding "yes"
5. Breathe into your tummy
6. Slowly exhale actively by blowing the breath out through your lips while rotating your arms outwards (palms forward or turned out) Spreading your fingers as far apart as possible lifting your breastbone slightly.

