



Standing all day

Perfect your posture

Keep your chest high, shoulders back and relaxed. Support your weight on the balls of your feet instead of your heels. Keep your feet parallel and spaced at about shoulder width apart, with knees slightly bent.

Stretch

Your posture will improve if you improve your flexibility. Remember to stretch regularly throughout the day.

Sensible footwear

Where possible, avoid high heels as they alter the alignment of your back and can cause additional pressure.

Take a break

Standing in the same position for long periods is likely to cause problems, particularly if you are not used to it. Look for opportunities to take sitting or walking breaks frequently throughout the day.

Work the core

Muscular weaknesses in the abdominals and lower back reduce the ability of your body to sufficiently support itself. Incorporate some core strengthening exercises such as planks, and lower back raises to improve your posture.