



Move

**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Posture



**Hints
& tips**

Keep an eye on your posture

Good posture when moving can not only help you stay injury free but can help you move faster and for longer. When you crouch or bend when moving, you're restricting your air supply, making it harder to breathe (which means you're out of breath quicker!).

You're also putting pressure on other parts of your body because it's out of alignment.

Here are a couple of tips to help you:

- ✓ Run tall
- ✓ Eyes ahead not on the ground
- ✓ Smile
- ✓ Relax your shoulders
- ✓ Focus on keeping your core strong
- ✓ Breathe deeply

Movement resources at mothersdayclassic.com.au/mdc-move



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