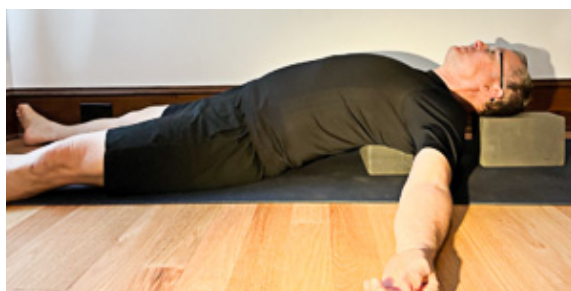


Hunch No More: 1 Page Cheat Sheet with the Primary Exercises

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Better Sitting: Whenever you sit down, take a moment to slide your sit bones as far back on the chair as you can. 1. Hip hinge forward with a neutral spine. 2. Unweigh one butt cheek and move it backwards on the seat. Do the other side, and then repeat each side a few more times until your sit bones are as far back as they can go. Then lean back and relax, but don't let your sit bones slide forward. If they do, just repeat the adjustment.



Reclining Chest Stretch: 2-10 minutes, 1-3 times per day. Use one unBLOK and one or two thick (4") yoga blocks. Place the unBLOK sideways on its lowest setting with the curved side up, and the second curved side facing the other block. Place the other block on its middle setting about one hand length away. Place your shoulder blades on the curved block, and your head on the other block. If you feel like your head is falling backwards, guide the back of your head away from your shoulder blades a few millimeters. If your head still feels like it's falling back, place a folded blanket or towel on the block under your head, or stack 2 yoga blocks on top of each other to support your head. You know you have a good set up when you feel a good stretch in the front of your chest.



Allowing Your Breastbone to Float Up: Multiple times per day, for 10-120 seconds each. While you are learning this exercise, stand with your back touching a wall. Later you can do it anywhere. Place one hand on your belly button and one hand on your breastbone to help you notice the movement.

On an exhale, gently engage your lower belly muscles. As you inhale, keep your belly muscles gently engaged and notice your breast bone lifting up and away from your belly button as your lungs fill slowly.

As your breast bone floats up, also feel the tops of your shoulders moving backwards, your shoulder blades sliding down your back (and down the wall), and your bottom side ribs floating forward.

As you exhale, let the breast bone settle back down, but not quite as far as where it started. With each inhale, let the breastbone float up an extra millimeter or two, and with each exhale, let it settle one or two millimeters less. Lastly, prioritize a slow, deep, enjoyable breath as you do this exercise. *Feel free to measure your head position before and after either exercise for some positive feedback!*

