

Have yourself a healthy posture Christmas!

A happy back means a happy Christmas so use these tips to make sure the festivities run smoothly!

Christmas tree “O” Christmas tree

Whether you opt for a real or artificial Christmas tree, it’s important to consider how you’re going to carry it, position it and decorate it so you don’t take too much strain through your spine. If you have to lift the tree, make sure you have someone to help you if possible, keep your back straight, bend your knees and stick your bottom out.



Shopper’s shoulder

This phenomenon is all too common, especially for those that leave Christmas shopping until the last minute and end up looking like a Christmas present mule! Try to split the load between bags and share this evenly between both arms; you could also use a rucksack which will distribute the weight evenly or even a trolley (which is also a good Christmas present idea!).



Card writing and present wrapping

Use a table and sit on a chair keeping a good posture. Leaning awkwardly over a coffee table or on the floor can cause pressure in your lower back.



Food prep

Leaning over the sink for long periods of time will cause the muscles in the lower back to overwork so it’s important to change your position regularly.

Avoid the peril of your turkey!

Your Christmas turkey can become a heavy weight weighing in at around 25lb so be careful when you’re bending over to get it out of a hot oven!

A good way to avoid the risk of back pain when cooking the Christmas roast is to opt for pre-sliced turkey fillets instead of the full bird. If this doesn’t conjure up the same festive feelings, then make sure you ask for help when lifting the turkey this year.

When lifting the turkey out of the oven, keep your back straight, bend your knees and stick your bottom out. You can break this down into stages by putting the turkey on a stool from the oven and lift to the worktop from there.



Christmas afternoon nap

With your tummy full and the armchair calling, it’s inevitable that your eyelids will start to get heavy! However, prolonged sitting in poor positions can increase the pressure and strain through your spine and will increase the risk of back pain.

A good idea is to go for a walk which will get you moving to reduce the risk of your back getting stiff and will also aid digestion, meaning you can eat even more later on... win win!

New Year’s resolution

The most common New Year’s resolution is “to get fit and lose weight” but how will you sustain this throughout the year?

The easiest way to stick with it is to choose physical activity that you enjoy - exercise should not be seen as a chore but an uplifting and enjoyable experience. Why not consider yoga, pilates or even barre? We have a great range of classes running every day at the Studio.

Set yourself realistic exercise goals and keep track of your achievements with a mobile app or just pen and paper. Rally up some family members or friends and turn exercise into a social experience.

