

## Tips for Maintaining Good Posture

1. Be aware of your posture on the bike (stretch regularly before, during and after training rides).
2. Make sure you are properly set up on your bike by a professional and have your position reviewed regularly.
3. Concentrate on keeping the three natural spinal curves balanced and aligned especially when you stand or sit.
4. Resist the temptation to 'sloth out' on the lounge in front of the TV after a big ride. Instead, lie on your bed with a proper pillow in the 'recovery' position (on your side with your top leg in front).
5. Be aware of spending too much time in the one position e.g. at the computer, or slumped watching TV.
6. Make sure you have a good quality mattress and pillow (you spend a good part of your life in bed).
7. Select good comfortable and supportive shoes both on and off the bike.
8. Take some time out of your cycling routine to do some specific back supporting and stretching exercises.
9. Watch your weight (flabby abdominals don't help).
10. Protect your back when bending etc. Lift with your legs not with your lower back.
11. If you carry your wallet in your back hip pocket, find another spot for it. While some of the thickness of the average wallet is absorbed into the fatty pad of the buttock it will still elevate your hip when you sit.

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