

The 3-Minute Daily Posture Check

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THE BACKPAIN FREEDOM BLUEPRINT

BACKPAIN
FREEDOM

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If you sit in front of a computer all day then this guide is for you.

Just a few movements and tweaks will make you feel a lot better.

It just takes 3 minutes. Your body will thank you

MINUTE 1: GROUND AND BREATHE

- Sit or stand comfortably with feet flat.
- Take three deep breaths - feel your ribs expand outward, not just up.
- Let your shoulders drop naturally.

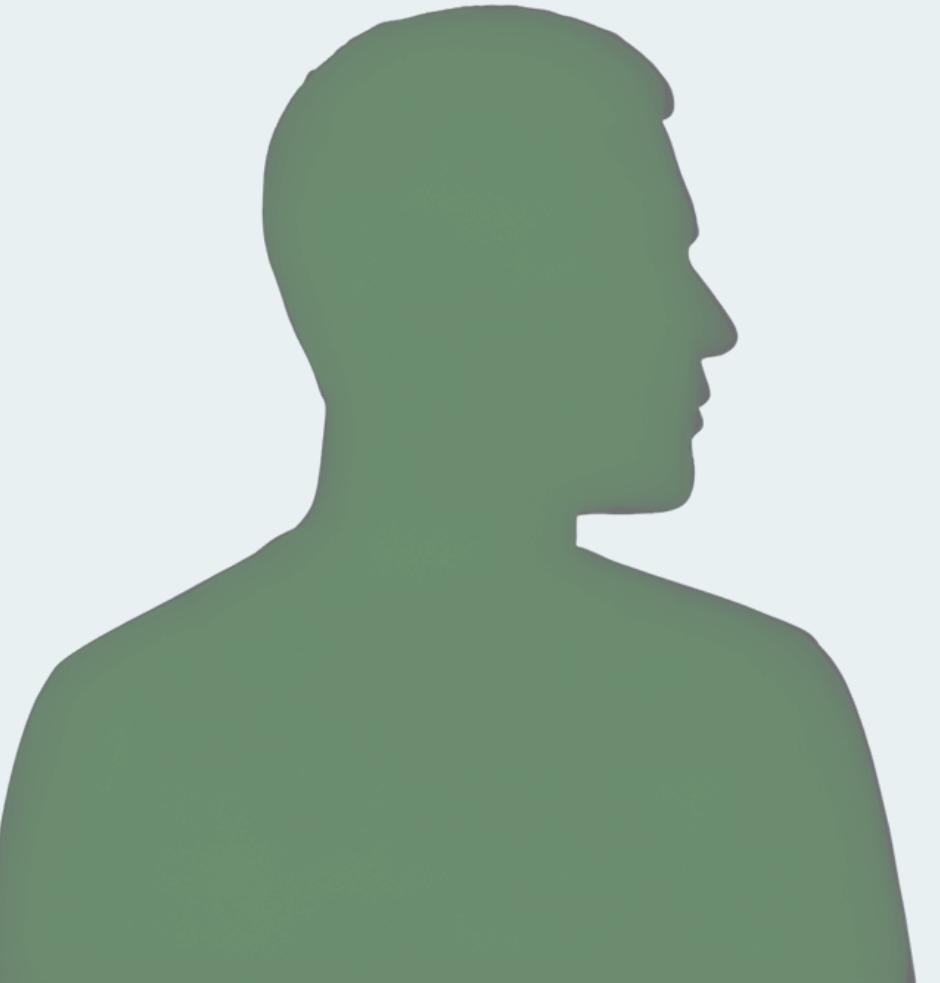
- Ask yourself:
Where am I holding tension right now?
In my Neck, Jaw, Shoulders, Lower back?
- Release what you can on the exhale.

MINUTE 2: ALIGN AND NOTICE

- Stand up
- Imagine a line from your ears → shoulders → hips → knees → ankles.
- Without over-correcting, gently bring these into line.
 - Ask yourself:
 1. Are you leaning into one hip?
 2. Is your head jutting forward?
 3. Is your weight balanced?
 4. Adjust slightly and breathe again.

MINUTE 3: MOVE AND RELEASE

- Roll your shoulders forward and back - slowly.
- Turn your head side to side (no strain).
- Slowly look up at the ceiling, then down to the ground
- Stretch your arms overhead, inhale... then drop them with a relaxed sigh.
- Smile - it helps more than you think.



Why This Method Works

AWARENESS AND ADJUSTMENT

The 3-Minute Daily Posture Check enhances **awareness** of body alignment, promoting gentle adjustments. Try this method during:

- Morning stretches
- Work breaks
- Evening unwind

Consistent practice leads to lasting relief and improved posture.

Notice the Difference?

Use this page daily (or print multiple copies). Just a few notes a day can help you spot patterns and progress.

Day	How long did you do your 3-minute check?	What did you notice? (Tight spots, changes, mood)	One word to describe how you felt after
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Feel free to fill in the details as per your daily observations and experiences!

Like this guide?

Do you ever get back pain out of the blue, seemingly for no reason?

Know what causes it? I can help.

My [Backpain Freedom Blueprint](#) explains everything

Feedback for my BackPain Freedom BluePrint

“Clear and easy to understand. Makes so much sense”

“It made me think a bit about some of the things I do especially the favourite seat “

“I would never have known these could have such an impact on back and hip pain”



Yes please

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