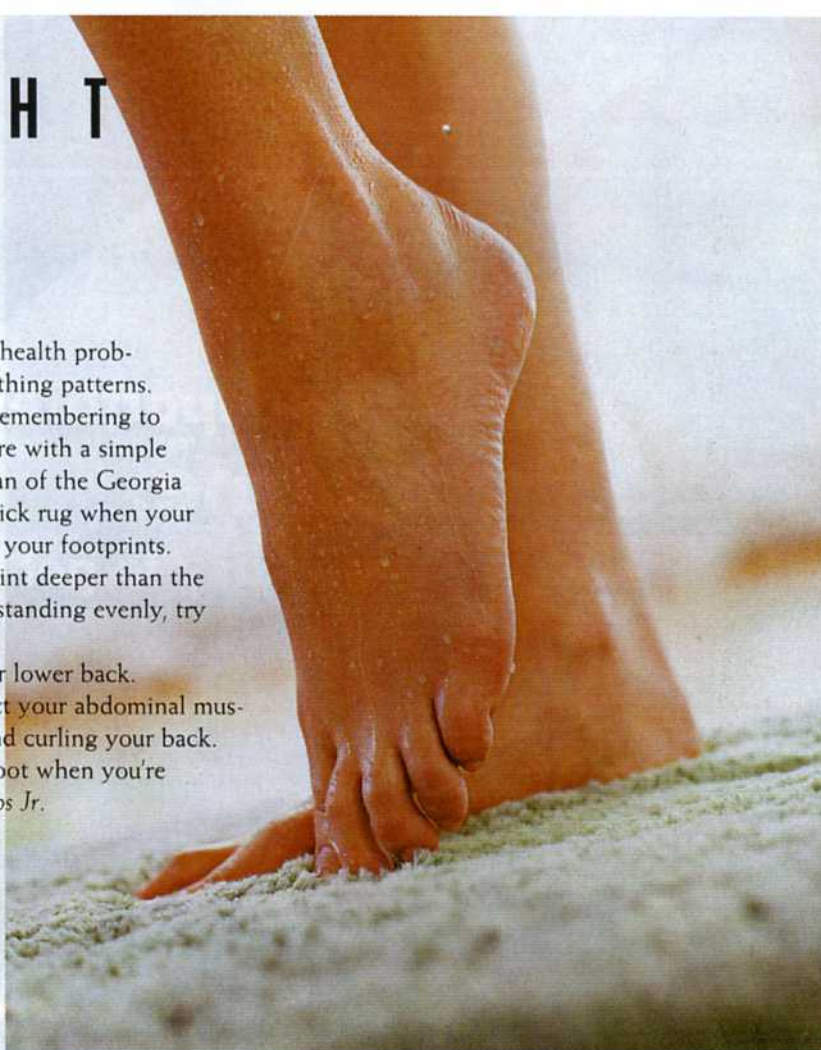


## Posture Perfect

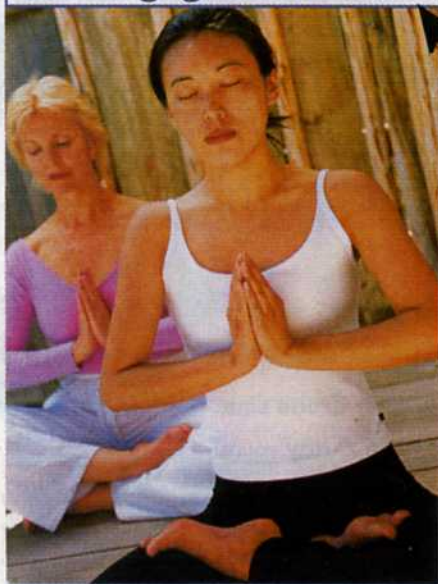
Poor posture can lead to a number of health problems, from muscle aches to bad breathing patterns.

But improving it is not as simple as remembering to sit up straight. Try checking your posture with a simple test, suggests Ralph Templeton, chairman of the Georgia Chiropractic Association. Stand on a thick rug when your feet are still wet after a shower. Look at your footprints. Are they uneven? Is one side of an imprint deeper than the other? If the test shows that you're not standing evenly, try these posture improvers:

- Select a chair that firmly supports your lower back.
- When sitting for long periods, contract your abdominal muscles to prevent them from tightening and curling your back.
- Shift your body weight from foot to foot when you're standing for a long time. —Reinaldo Ramos Jr.



cookinglight.com survey



### What's your favorite fitness class?

|                |     |
|----------------|-----|
| Yoga           | 727 |
| Step Aerobics  | 537 |
| Kickboxing     | 471 |
| Aquatics       | 418 |
| Body Sculpting | 310 |
| Pilates        | 259 |
| Spinning       | 258 |

This month's question was answered by 2,980 readers.

RECOMMENDED VIEWING

## Viva! Latin Rhythm Workout

With Elise Foss, 52 minutes; \$14.95

I appreciate any dance-based exercise routine that doesn't make me feel like a klutz, and *Viva!* certainly fits the bill. In this video, which blends different Latin dance disciplines into an aerobic workout, steps are presented in an easy-to-follow manner. Credit goes to Brazilian-born Elise Foss, a formally trained dancer, certified personal trainer, and aerobics instructor. Working out under her instruction is like being taught to dance by a friend—she's supportive, encouraging, and doesn't move so quickly that you get lost. Even better, she actually encourages creative interpretations of the moves. This is primarily a fat-burning routine, but your hips, thighs, and abs will be doing a fair amount of work. Another bonus—Foss's moves are an excellent primer for those looking to take their salsa steps to a dance club. To order, call 847-359-9910, or visit [www.vivaelise.com](http://www.vivaelise.com).

—Melissa Ewey Johnson

