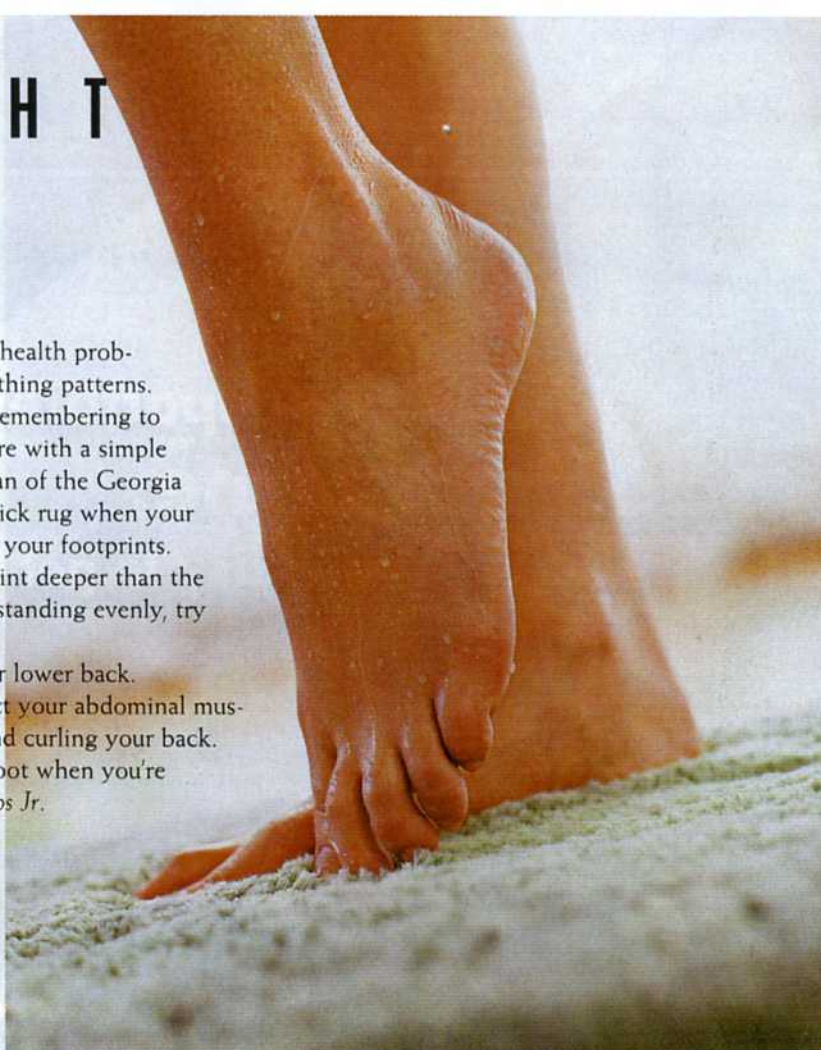


Posture Perfect

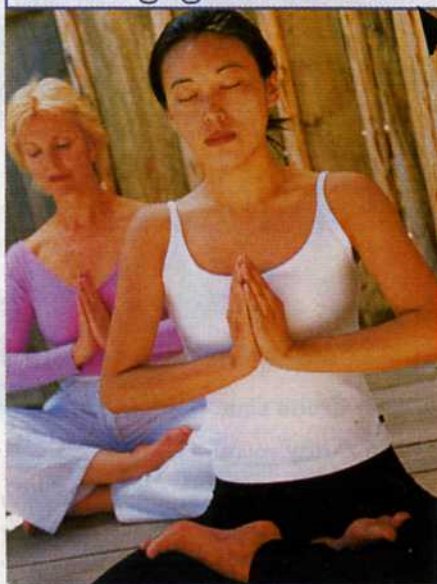
Poor posture can lead to a number of health problems, from muscle aches to bad breathing patterns.

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.

—Melissa Ewey Johnson

