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## Posture is your Business Card

by Dr. Blessyl Buan

She enters the room with her hair flowing and designer handbag in tow. Her clothes fit really well, you note. Then you find out that she has three kids. "THREE KIDS?!" you repeat in shock. "She's a mummy? What makes her so yummy?"

Aside from hair and make-up, there is one element that makes the strongest impression: your posture. **Working mummies, Posture is your business card.**



Pilates is an excellent way to strengthen your postural and core muscles to ensure that you maintain a "queen-like" presence with your Yummy Posture. Here I am doing prenatal pilates at 27 weeks.

Your posture tells the world of your level of confidence and skill. It reflects your self-esteem. It can also affect your ability to project your voice and negotiate your ideas.

If you are an expecting working mummy like me, you will face the added challenge of portraying confidence as your body dramatically changes. The weight of your growing breasts and belly create hunched forward shoulders and an overly arched back. Your pregnancy waddle may make your co-workers and clients think you are too tired for the job! You may feel more frumpy than sophisticated in your clothes.

Here are some tips for Yummy Mummy Posture:

 **Bring out your Inner Queen**

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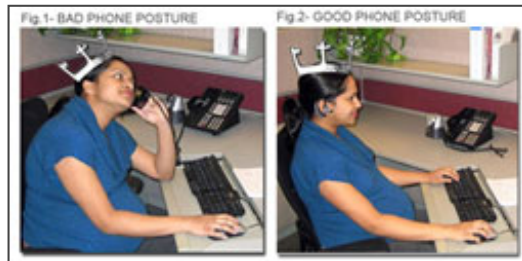
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Imagine a crown rests on top of your head. If you turn your gaze downward, your crown will slide forward and you will appear unsure of yourself. If you turn your nose upwards, your crown will slip backward and you will appear standoffish. Keep your ears in line with your shoulders so that you can maintain eye contact with your audience and your crown doesn't fall off. This is step one in looking confident.



 **Your second accessory is chandelier earrings.** Naturally, you want those diamonds to glisten, so keep your shoulders down and away from your ears to elongate your neck.

 Thirdly, **you must show off your diamond necklace.** To do so, bring your shoulders back to open up your chest. This position improves vocal projection and increases your ability to engage and inspire your audience.

 Lastly, **you must tighten your corset.** Your core abdominal muscles attach to your low back and wrap around your waist giving stability to your spine. Contracting these muscles will improve your stance and you will look more confident.

 **Your little secret**  
Just like sexy underwear, no one knows about your crown and your queenly accessories except for you. Yet, it works wonders for your confidence. So, adjust that crown right now! Having good posture creates an intangible power. Onlookers will wonder, What makes her so yummy?

Now you know.



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Chiropractor, Freelance Writer, Speaker, and the Co-Creator of Burst! Female Empowerment Through Movement. **Dr. Blessyl** says, Posture is your Business Card. She truly believes that you must be In Tune with your body to achieve wellness. She is also trained in Medical Acupuncture, Active Release Techniques® and Stott® Pilates. As a dancer and runner, she has a passion to

educate, treat and prevent injuries of the athlete and the performing artist. She is expecting her first child this April.

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