

THE BEST THING TO DO

Adora Montminy

How do you restore a body that has a "bad posture"?

Do we know our bodies?

The confinement we have experienced, as well as the everyday life we lead, our work and the “sport” we often feel obliged to do, leave us with physical and mental stress and strains; some more debilitating than others. The repercussions can be limited by a better understanding (awareness) and knowledge of the human body, and regular physical activities, but not just any physical activity, as suggested by our specialist in body movement and posture, Stéphane André.

In truth, the problem goes much deeper. It is not just how the human body works, it's also how we perceive it, in and out". With these words, Stéphane André, a Canadian therapist specialized in the movement and posture of the human body, underlines the real causes of muscular pain, which are constantly on the rise in a physically inactive population but also among athletes of all levels.

It The specialist notes a 25% increase in consultations, and symptoms linked to an overly static and unproductive lifestyle, such as simply sitting on your bed to follow courses online, or staying on the sofa to watch TV. Those benign practices have become bad habits and can be harmful to our bodies. Backaches, shoulder pain, hips, migraines: the physical after-effects don't just affect vulnerable people.

"I meet with clients from 30 to 90 years of age. We often think that we're immune because of our age, but that's a misconception.”

To get your body back in top shape, forget grandma's remedies." The only way is moving, moving smart and fun"

The specialist recommends walking and dancing, two easily accessible physical activities that involve all our joints, muscles and our awareness.

On the other hand, Stéphane André warns beginners wishing to lift weights, and gain mass fast (hypertrophy)