

Forward

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As a Licensed Massage Therapist of 15 years, I have observed the movement patterns and posture habits of my clients as I use a variety of postural assessment tools and techniques as part of clinical evaluation of one's muscle and soft tissue alignment. These observations of posture occur for me not only in the clinical setting, but during everyday life activities (waiting in lines, social settings, business functions; anywhere I am around people).

I have concluded from many years of observation, that one's posture can be viewed as a continuous recording of all physical, mental, and emotional events that one has experienced. Stated another way, posture can be viewed as everything that has happened to you in the past, is an indicator of what is currently going on, and is a predictor of possible future outcomes of health and longevity. Sadly, most people are unaware that these indicators of health can be improved upon.

There is an urgent need to educate the public, starting at an early age, on the benefits of good posture and it's relation to proper physical functioning, mental and emotional wellbeing; in other words being healthy and preventing pre-mature aging. This is currently not a standard curriculum in our education system.

Because posture assessment is such an important cornerstone for my practice, I have studied many posture evaluation and assessment systems. I have continuously refined and improved my posture assessment techniques. This is what eventually led me to read Stand Taller-Live Longer, by Dr. Steven P. Weiniger and complete his Certified Posture Exercise Program.

Dr. Weiniger's Posture Program tools and his book, helped me better introduce to clients and others, posture principles into everyday living habits with consistent, predictable and measurable results more than any other posture and exercise system I have studied.

This book "Stand Taller-Live Longer, by Dr. Steven P. Weiniger" is a must for anyone who is looking for a system of exercises to improve your overall health and longevity as well as, position yourself for a fully active life style well into old age (wether it be sports, dancing, gardening, working or any activity) with good, form, posture, vibrant energy. With the current state of healthcare requiring most of us to finance larger parts of our healthcare, this book is a good investment in learning how to improve and maintain your health.

Luther Lockard, LMT, NCTMB, BBA, owns Corporate Massage Therapies-Advanced Treatment Center LLC, Medford, NJ, with focus on clinical massage for people with acute and chronic injuries and accidents, conditions arising from sport, dance and fitness and other activities. Learn more at www.corporatemassagetherapies.com

