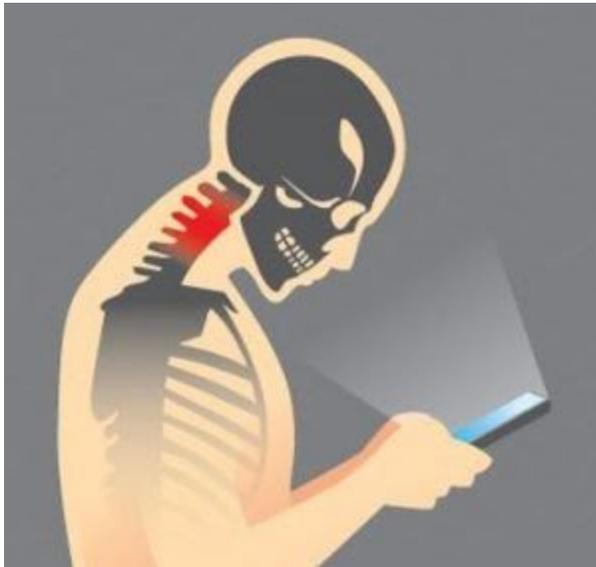


In today's modern world, more than ever before, every one of us is faced with trying to maintain or restore balance in our head posture.



The enemy? It's something I call "text neck." (For what it's worth, this is also the position your head is in when you are in the aero position on your tri-bike!)

Responsible for that sunken chest, pain in your neck and shoulders, headaches, jaw pain, and more...it is definitely something that we all need to address to ensure we keep our head where it is supposed to be: squarely on top of our spine.

Truth be told there is no one right or "perfect" posture. But experience over many years working with a host of different athletes has taught me that imbalances can and do often lead to **dysfunction and pain – two things we could all benefit from avoiding.**

When it comes to our neck and head, with a too-forward position that becomes our "default," among the less desirable changes that can happen is the weakening of the *deep flexors of our neck.*

Luckily, there is something we can all do to counter this!

Enter **Chin Tucks**, also known as "Chin Retractions." Few exercises are simpler to do AND more important and powerful for keeping us healthy from the neck up.

Regardless of how much you work out, how well you eat or how much you look after your body and your health, hours spent sitting at a desk with your neck craned over a keyboard or constantly arching your head down to look at your smartphone eats away at your health in ways you could never predict. Or imagine.

Every minute you spend in these deadly positions contributes to even more long-term pain and damage to your body.

Chin Tucks, along with their partner, the Wall Slide (which are a part of Circuit 2 here in *RESTORE: The Foundation*) are the keys to getting back into better balance from the waist up.

Don't neglect these. Don't assume you won't benefit from committing to them. You can thank me later.

