

# 10 exercise tips that will make fitness a little bit easier this year



Learn how to exercise wisely in 2021

### 3. Walk tall like a dancer

Dancers have some of the most challenging daily routines of any performers. As English National Ballet dancer Natalie Garry recalls, it's a case of up at the crack of dawn and into the studio before 8am, often with little idea of when the day will end.

"You can always spot a dancer by their posture," says Garry. Dancers hold their heads high, and walk with characteristic elegance and grace because, to put it bluntly, slouching is not acceptable.

The good news is that it's actually very straightforward to master this striking, dancer-like posture and work your core muscles at the same time.

"Stand up straight, grind your feet into the floor, feel the tummy muscles pulling inwards," recommends Garry. "Gently pull those stomach muscles in, not severely but, say, 20 per cent capacity."

By simply working those abdominal muscles, in and up, you're lengthening your back and actually making yourself taller. "It stretches your spine up. Your head should be raised high, but moving freely, not tense; and your shoulders should be relaxed. You're extending through your back."

*Natalie Garry is the founder of [danceSing](#)*