

ask us



EDITED BY BRENNA McLOUGHLIN

Q | How can I improve my posture before the wedding?

A | The two keys to achieving a ballerinalike stance are strength and alignment. Elisabeth Halfpapp, fitness expert and a founder of Exhale Spa, works with clients to improve core strength and banish tension in

the upper body with Pilates- and yoga-based exercises like the ones in her DVD *Exhale: Core Fusion Pilates Plus*. Halfpapp also has posture cues to use throughout the day: "Keep your ears over your shoulders and pull your abdomen in," she says.