

Stretching Exercises



However, there can be some workaround ways to 'appear' taller than you really are. We tell you about a few of them:

1. Take care of your posture



If you spend long hours sitting on your desk, or spend the majority of your time in a slouched, hunched position, you are not really doing yourself any favour.

A bad posture makes you look shorter than you really are, and most importantly, impacts your natural curve and spinal health. By improving your posture, doing stretching, spinal exercises, you can elongate your spine and appear slightly taller than you actually are.

2. Doing yoga may help

Yoga garners a lot of benefits for your mind and body. It may not make you taller, but regular practice can build muscular strength that supports a good posture. Breathing exercises also help in a similar way.

3. Focus on muscular growth

Building tough muscles is core to getting the height you want, in your growing

years. During adulthood too, it's important that you focus on gaining muscle mass and improve muscular agility, which helps you carry your body frame better. While we are at it, there is no single exercise form that can increase or decrease your height.

Focus on improving muscular stamina and stability by incorporating nutrient-rich foods and adopting the right workout regimes.

4. Make your clothes look better on you

It may not be medically or scientifically possible to alter your height, but you can use your clothes to do the trick for you.

From heels to shoe insoles, wearing high-waisted pants, fitted tops, or a single colour can make you look your fashionable best, and appear taller than your height. It can also give the illusion of longer legs and torso.

5. How to prevent loss of height

Again, while adults may not have remedial pills or solution to grow their height, the one thing they can do is to stop age-related loss of height.

Osteoporosis, spine compression and other factors can make you hunch and lose out inches. To combat this, try to maintain adequate nutrition, do proper weight-bearing moves, get all vitamins and minerals, avoid tobacco usage.

Can supplements help?

There are also a lot of supplements and natural concoctions one can find in the market.

Some multivitamins, natural nutrient supplements are also available as formulations for those who wish to grow their height. Unfortunately, even with all the claims, they may not help always.

However, some supplements may be recommended if you suffer from conditions that affect your hormonal functioning, or you suffer from an extreme deficiency. For example, lack of human growth hormone (HGH) production may compel some to take synthetic HGH pills, if suggested by a doctor. Older adults may also take supplements like Vitamin D or calcium to negate the risks associated with age-related height loss.

The bottom line

As mentioned above, adults cannot increase their height during adulthood. However, one can always try ways to look taller using some hacks. Preventive measures to stop loss of height may also be tried. The real difference can only depend on your genes, and the lifestyle you follow during your growing years.