



How To Get Taller - Guide



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How To Get Taller Naturally

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Figuring out **how to get taller naturally** can be a difficult task. Since growth usually ends shortly after puberty it may be difficult to gain some inches as an adult. Height is mostly due to genetics although there are ways to add a few inches naturally. If you have parents or relatives that are shorter for their age and gender chances are you will also follow that trend. Scientific breakthroughs have started finding ways to help adults grow taller (see [How To Get Taller As An Adult](#)) without harmful supplements or chemicals. Making positive choices and changes to your lifestyle is enough to help you get taller.

How to get taller naturally can be easy for some but difficult for others. Essentially, you have to make lifestyle changes and make more positive decisions regarding your diet and exercise habits. There are several exercises that help you grow taller without the nasty side effects of pills or medications. Regardless of age, there are ways to gain a few inches in height despite genetics.

One of the most common exercises used for [how to get taller naturally](#) is doing stretches. Stretching can do wonders for your height as it involves your backbone and your vertebrae. The backbone can be elongated with appropriate exercise adding an extra 2 to 3 inches onto your height. When stretching the muscles in your back it is essential to do hanging exercises as your body will work against gravity. This stretching exercise is similar to playing on the monkey bars as a kid. When hanging from the bar, your vertebrae will stretch to its full capacity as long as you can maintain the stretch for at least 30 seconds. Doing this five times daily can help add a few inches onto your height in a matter of weeks. For more resistance, add some ankle weights to the exercise.

Pelvic thrusts target your spine by doing very simple stretches. With this exercise, lie on a hardwood floor on your back, bend your knees and put them together. Arch your pelvis in an upward motion and hold this position for approximately five seconds before releasing. Repeat this exercise as much as you can on a daily basis. These stretches are a great way when trying to learn new ways on *how to get taller naturally* as it specifically targets the spine. If you feel any pain your back stop the exercise as you can do some mild damage or pull muscles that weren't intended on being pulled.

Bending exercises are another excellent addend to your list of how to get taller naturally. You can do these exercises in several different positions such as a full sitting bend, full forward bend or a side bend. All of these stretching exercises will increase pressure on your spine and decompress your vertebrae allowing you to naturally gain some height. These exercises should be done on a daily basis for approximately 20 to 30 seconds which should then increase every day or every few days.

Last but not least, another great exercise for how to get taller naturally is by simply doing some cardio exercises. Cycling exercises your leg muscles and spine, both of which help to increase height. Cycling up a steep road or hill helps you to increase your resistance. Swimming stretches your entire body while also providing many benefits to your cardiovascular and pulmonary systems. Other types of cardio exercises you can do include walking at a brisk pace and jogging as it stretches your leg muscles, hamstrings and extends your back. By doing these **how to get taller naturally** exercise you will notice results in only a few weeks.

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