

Published based on [Learn How To Become Taller- 5 Stretches That Actually Work](#)

Learn How To Become Taller- 5 Stretches That Actually Work

There are a large number of people that are not happy with their height and would like to learn how to become tall. This is understandable since we are bombarded with the message that people with height are better all around, compared to a shorter but otherwise equal person. Think about it for a moment...taller people are seen as stronger, healthier, smarter, and sexier. It definitely is not but it's the truth. From television, to where you work, to our private lives- being taller definitely will give you an edge. You have an advantage without ever opening your mouth.

With things being this way, shorter people are looking for ways to add some height, just so people will take notice of them. There is a lot of information available online and in books, but which information is accurate? And are the recommendations safe? If you are one of those people wanting to know how to become tall, here is a list of five very effective exercises, that are safe and good for you:

* The Leg Stretch Start by sitting on the floor with your legs spread apart as far as is comfortable. With your left hand, reach for your toes on the same side of your body. Now with your right hand, reach for your other foot. If it is hard for you to reach your feet comfortably, reach as far down your leg as possible. What is most important here is to keep your spine straight and pivot from the hips, trying not to arch your spine.

* The Cat Stretch Begin on your hands and knees with your arms straight. Inhale while bringing your head up and then flex your spine down. Then exhale while bringing your spine up into an arched position and simultaneously bringing your head back down.

* The Bow Down This one is pretty much like it sounds. Stand up straight with your hands on your hips and leave them here throughout the exercise. Try not to bend your knees and keep your chin off of your chest.

*The Cobra Lie face down on the floor with your hands underneath your shoulder in the "palms down" position. Leading with your chin, begin to arch your spine. Arch as far back as is comfortable.

*The Super Cobra This begins where the Cobra ends (with your spine arched, and your arms perpendicular to the floor). Bend your hips and put your bum up in the air with your hands and feet still on the floor (like an upside down "V") and tuck your chin into your chest. Then return to the starting position.

For those of you interested in learning how to become tall, do each of these stretches ten times a day and fifteen seconds for each rep. You will start feeling better almost immediately, and after several weeks start to see some height gains.

You no longer have to be called "shorty"! And since you have read this and stayed with me to this point, I know you are serious about learning how to make yourself taller, and are going to want check this out. Just click the following link and you will see what I mean.

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