

Standing — There is more to good body balance than simply standing up straight. Follow the rules given below, and compare yourself with Figure A. When you have the correct position, walk around, bend over and come back to it, thus learning the “feel” of good posture; make it a habit.

- 1 Head high, chin in.
- 2 Shoulders back, shoulder blades flat.
- 3 Chest up and forward.
- 4 Abdomen drawn up and in.
- 5 Lower back flattened.
- 6 Hips tilted down in back.
- 7 Knees straight but not stiff.
- 8 Feet parallel, weight evenly balanced.

Do not exaggerate. Good posture is easy posture, without stiffness or strain.

Figure B shows some of the commonest faults: head drooping, shoulders rounded, chest flat, back swayed in, abdomen sagging, hips tilted forward, weight swaying forward on legs. Figure C shows how the pelvis is tilted and the spine curved when the weight is thrown on one leg.

Walking — Keep the body erect as in standing. Walk with a springy step, throwing more weight on the ball of the foot than on the heel, and keeping the feet parallel and close together, Figure D.