

Exercise — Of course, the best advice about posture is useless if you are run down by some underlying illness and lack the vitality to hold yourself erect. The simple rules of health — good nutrition, enough rest and sleep, some outdoor play and exercise — are of first importance.

Any exercise which improves muscle tone, whether it be an active sport or simply a brisk walk, will be an aid to good posture. Sports are especially valuable, because the process works both ways. The exercise tones up the body and aids posture; and good posture, or good body balance, is a part of the physical skill necessary for the game. And sports are fun, so we don't have to force ourselves to take the exercise.

For developing the particular groups of muscles needed for good posture, many physicians and physical educators recommend the exercises on the opposite page. No. 1 stretches the ribs and draws the abdominal muscles in. No. 2 strengthens the muscles which flatten the lower back and hold in the abdomen. No. 3 tones up all the muscles which hold the back upright. No. 4 is especially good for the upper back and shoulders.

As in all exercises, these should be done in moderation, with regard to your age and physical condition. Do not overstrain. And remember that a few minutes of exercise will do little unless you develop the habit of good body balance.