

HOW POOR POSTURE CAUSES FATIGUE

Nature has provided sets of muscles on both the front and the back of your body to hold its framework erect. When the spine is bent continually, throwing any one section out of balance, the result is strain on the other parts.

Just look at the figure at the lower right (Page 7). You can imagine the strain on her back and leg muscles. No wonder she is such a funny shape! A doctor could tell that she must have backache and other discomforts — look how her back is caved in from the strain!

HOW POSTURE AFFECTS YOUR WORK

Good posture at work and at play helps prevent undue fatigue and helps you win. When our chests are held high we get more fresh air, and the more fresh air we get the more energy we have. You can test this by a walk in the fresh air when you are tired. Note how it braces you up. When your body is in a strained position, your brain doesn't work as well and you are more liable to make errors or sustain injuries at work and in play.

POISE, ASSURANCE, EFFICIENCY

Good posture gives the appearance of stored up strength and stamina. It creates a good impression — that you are alert, energetic, ready to take part in both the fun and serious responsibilities of your community — in other words, the kind of person that others want for a friend, that an employer would like to hire.

Good posture creates assurance, poise and efficiency. When things go wrong, try holding yourself erect; taking a deep breath, and walking briskly. See how it renews your energy and courage, or clears you of anger and resentment, as the case may be.

LEARN TO RELAX CORRECTLY

Relax before and after each meal; after desk work or heavy exercise, and before going to sleep. Stretch at length on your back without a pillow, arms easily by sides. Try to reach the headboard of the bed with your head and the footboard with your heels. This will help stretch out kinks from your spine and rest your muscles.



WRONG



RIGHT



WHATEVER POSTURE WE MAKE A HABIT
SOON BECOMES THE MOST COMFORTABLE

