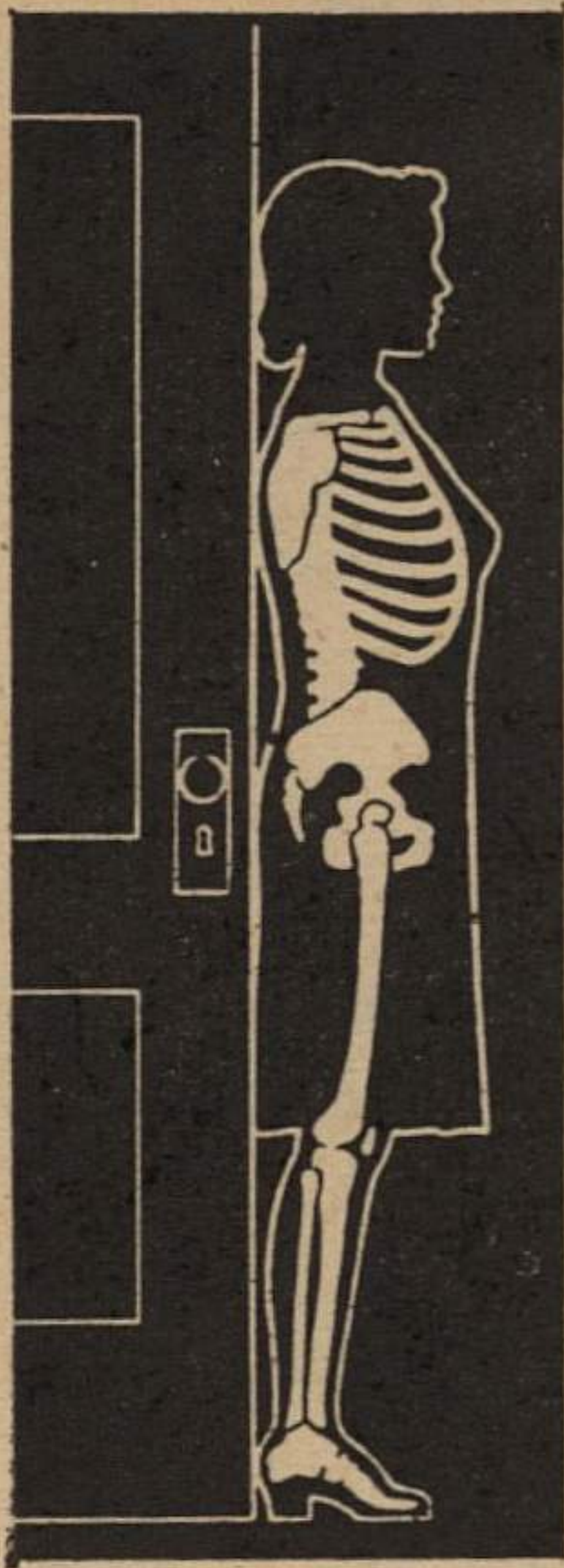


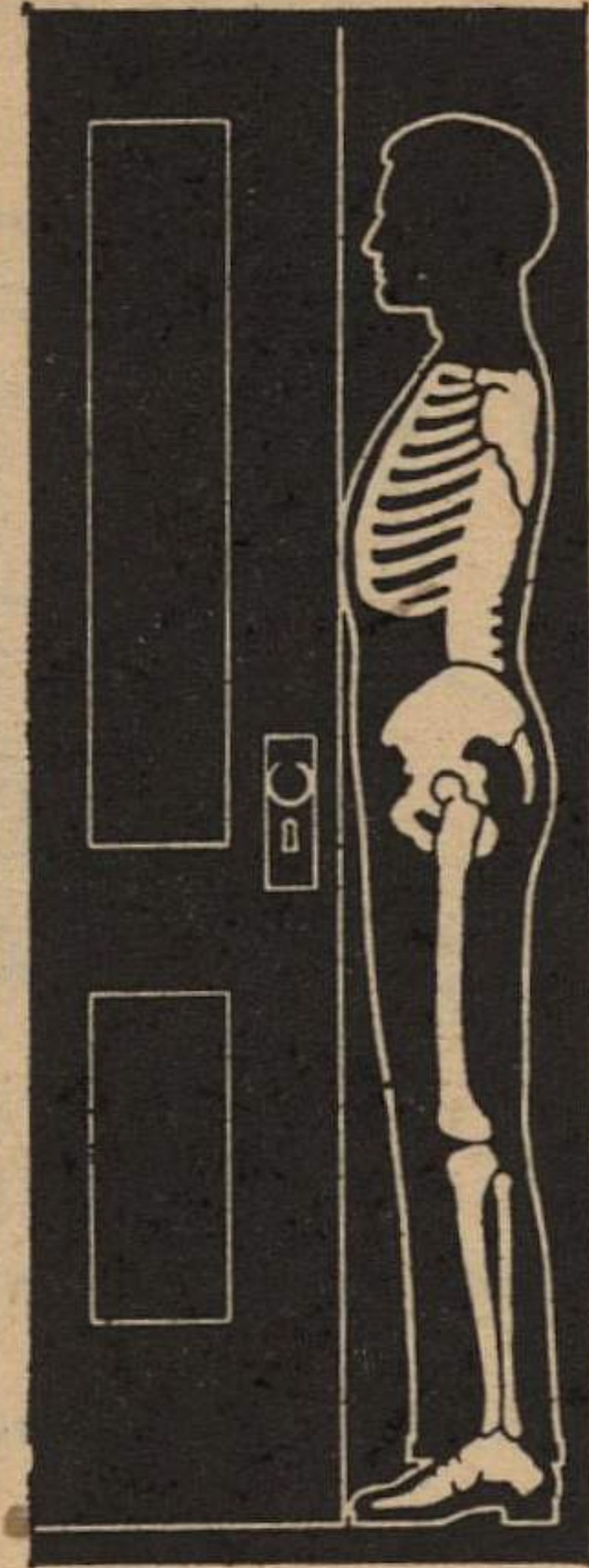
## WHAT IS GOOD POSTURE?



Good posture means a body in balance. Eight general rules for good standing posture are:

- |                              |  |
|------------------------------|--|
| (1) Stand tall               | (6) Spine straight   |
| (2) Chin level               | (7) Buttocks flat  |
| (3) Abdomen pulled in and up | (8) Feet parallel, toes straight ahead, weight distributed evenly on both feet |
| (4) Chest high               |  |
| (5) Shoulders relaxed        |  |

The easiest way to visualize good standing posture is to imagine a perpendicular line running (side view) from your skull through the middle of your ear, neck, shoulder, hip, knee and instep. See dotted line on figure at lower right.



### HOW TO TEST POSTURE

(1) Stand with back to wall — head, heels, and shoulders touching it; hands by sides. Press buttocks down against the wall. If posture is good the space at the hollow of your back should be only about the thickness of your hand. (2) In facing the wall your chest should touch first; if abdomen does, your posture is really bad and you should see a physician.

### GOOD WALKING POSTURE

Stand against the wall as for first posture test. Throw greatest weight on balls of feet. With chest high and abdomen contracted, step out, swinging legs from hips; toes pointing in a straight line ahead; left hand moving forward with right foot, and vice versa. (For illustration see page 3.)

### POOR POSTURE SHRINKS YOUR HEIGHT AND CAUSES FOOT TROUBLE

Test how much shorter you become when your posture is faulty by taking your measure against the wall in good standing position and again in a slumped position.

Poor fitting shoes retard circulation, cause fatigue, nervousness and bad posture. To allow for an easy, sure stride they should have medium or low heels and be long enough and wide enough to allow for the natural spread of the toes. Run-down heels are indicative of poor posture. High heels throw the body out of plumb. Look at the dotted line of balance on the left figure. See how this has shifted on the one at the right. Throwing the weight on the toes interferes with the mechanism of the feet.

