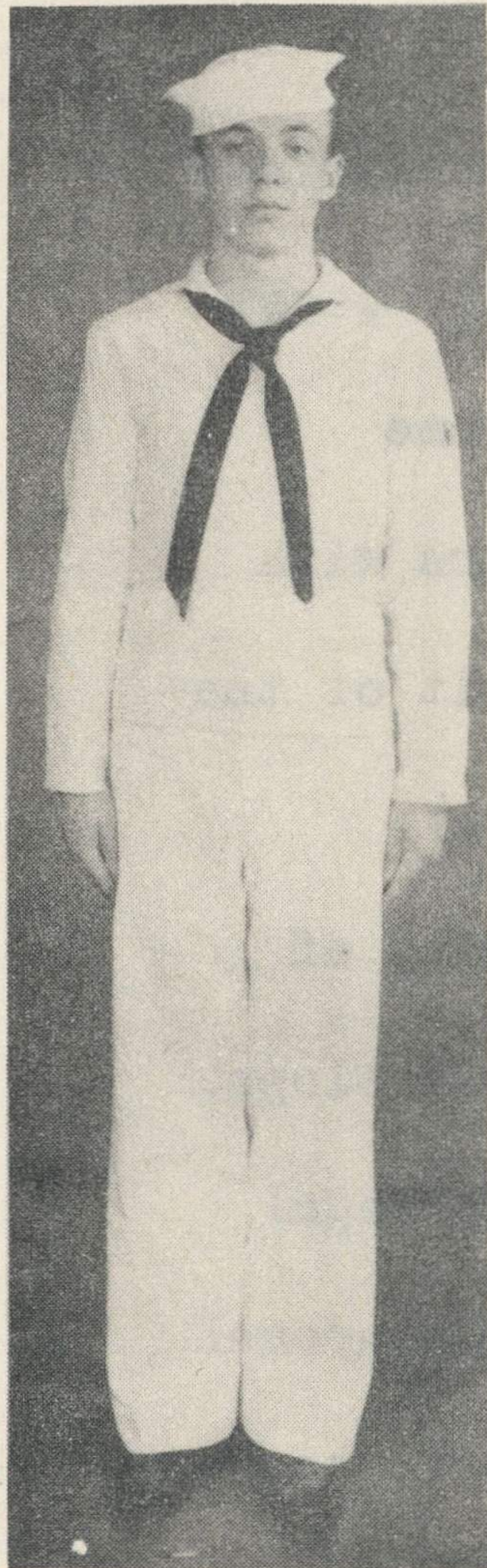
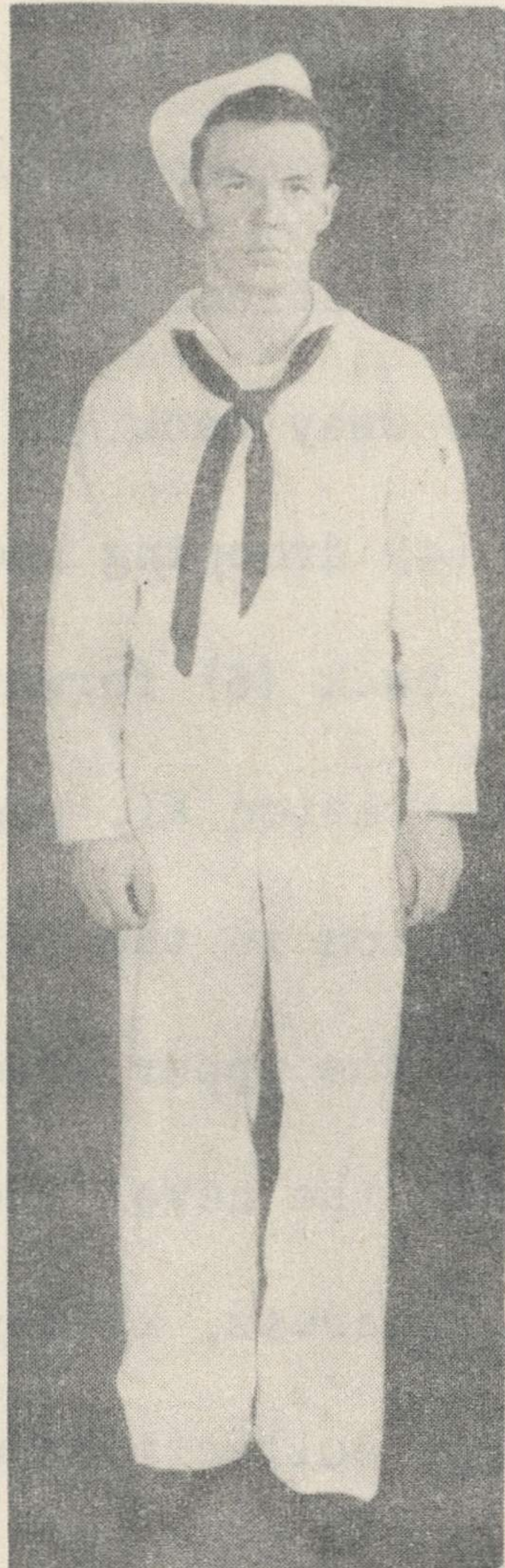


SUGGESTIONS FOR THE IMPROVEMENT OF POSTURE
FOR NAVAL PERSONNEL

By the Physical Training Section, Training Division, Bureau of Naval Personnel.
Especially Prepared for physical trainers and drill officers.



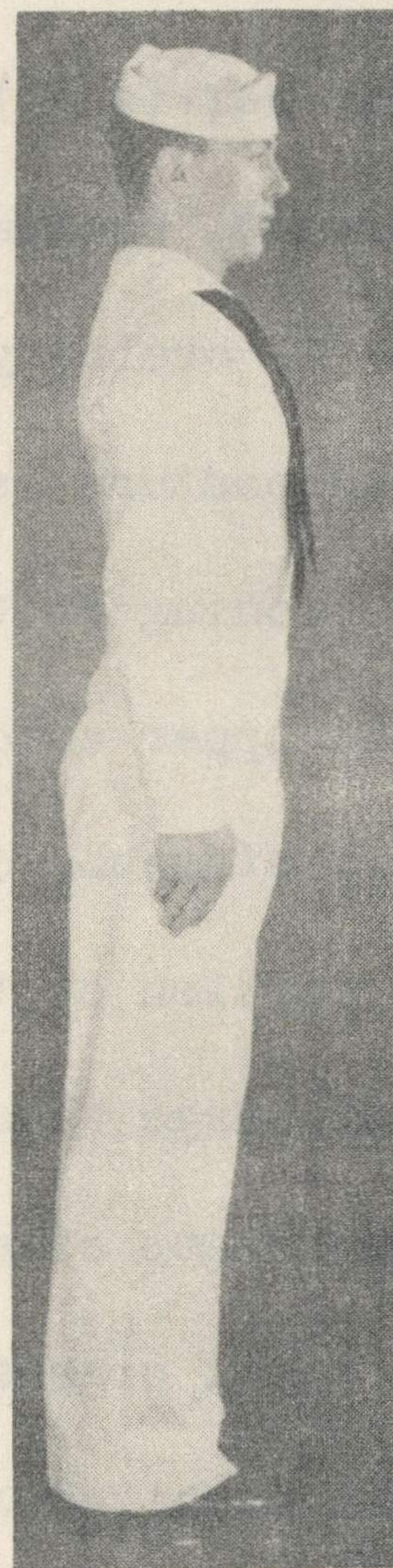
The
Erect
Man



The
Slouched
Man

The
Erect
Man

The
Slouched
Man



Introductory Note: The Bureau's objective in this illustrated paper on posture is to improve the posture of the Naval Personnel. The materials contained herein include (1) the importance of good posture in the Navy, (2) suggested methods to be used in improving the posture of the Navy personnel, (3) illustrated materials on good and poor military posture, (4) the effects of poor posture, and (5) corrective exercise procedures for improving posture. The materials will be considered as guides and aids to drill officers and physical instructors in improving technical posture knowledge and remedies for poor military posture.