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LIA Lifestyle Instruction Aid

aa6. Posture, Benefits of Good Causes of Bad

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Benefits of Good Posture

Improves Health Improves
Appearance Improves
Coordination Improves
Strength Gives you stamina
Makes your clothes fit
better Gives you confidence
Gives better body balance
Makes you more agile
Reduces Injuries
Gives you much, much more sex appeal

Causes of Poor Posture

Visual Problems
Emotional Problems
Negative Mental
Attitudes Excessive
Weight Foot Problems
Improper Shoes Weak
Muscles Improper
Nutrition Laziness Poor
Sleep support Diseases
Injuries to Muscles, Ligaments, Tendons, and Bones

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