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LIA Lifestyle Instruction Aid

aa9. 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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