

# Posture

Posture refers to the body's position when standing, walking or sitting. A good posture helps to keep the body fit and healthy.

## **Benefits of good posture**

- Boosts self-esteem and reduces stress
- Enhances proper growth (in children)
- Improves airflow throughout the body
- Increase energy level
- Decreases risk of injury



## **Examples of bad posture**

Poor sitting and standing habits overtime affects one's posture e.g.

- Slouching or leaning forward while sitting at a desk, watching TV or playing video games
- Carrying a heavy bag on one's shoulder for a long period of time
- Sliding forward in your chair
- Sleeping on high pillows

## **Ways to maintain good posture Practice good health habits to improve posture**

- Take regular breaks and get up and move around regularly.
- When travelling to school, reduce the amount of books and other heavy items in school bags
- Sleep on low pillows to avoid neck strain
- Engage in regular exercise
- Eat healthy meals to build strong bones and improve growth and development
- Get at least eight to ten hours sleep every night.

