



Summary

Posture is the attitude assumed by the body either with support during muscular inactivity, or by means of the co-ordinated action of many muscles working to maintain stability or to form an essential basis which is being adapted constantly to the movement which is superimposed upon it. Good posture means bones are properly aligned and the muscles, joints and ligaments can work as nature intended. It means your vital organs are in the right position and can function at peak efficiency. Good posture helps contribute to the normal functioning of the nervous system. Without good posture, the overall health and total efficiency may be compromised. Because the long-term effects of poor posture can affect bodily systems (such as digestion, elimination, breathing, muscles, joints and ligaments), a person who has poor posture may often be tired or unable to work efficiently or move properly.