

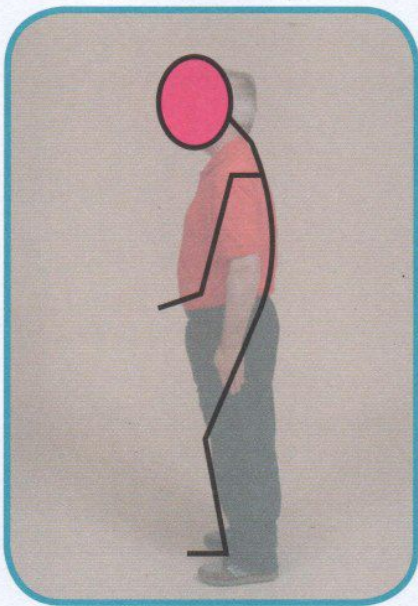
# Get posture perfect

## Why good posture is important

Good posture means you are more confident and more independent. It also means that you are less likely to fall. The best way to achieve good posture is to improve your balance and your strength. You can do this by activities like dancing or yoga. You can also do the activities on our three Go for Life factsheets.

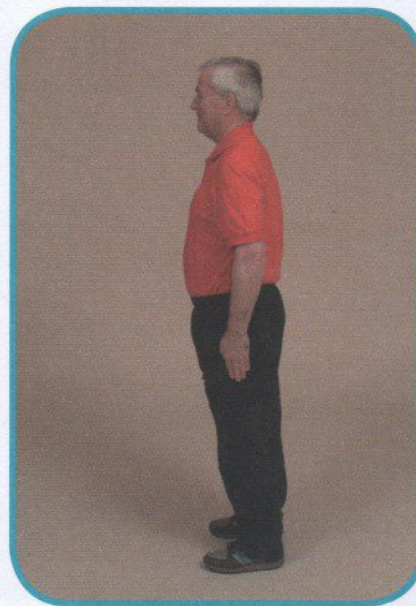
### Poor posture

Poor posture usually means your head is forward, your shoulders are rounded and your upper back is curved.



### Good posture

Good posture means that your ears are over your shoulders, over your hips, over your knees, over your heels.



Get posture perfect more older people more active, more often

The outcome of poor posture is that you tilt forward. To stay upright, you compensate by curving your back and bending your knees. This also makes your stomach and bottom stick out.



The National Programme for Sport and Physical Activity for Older People

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This is general information on physical activity. Certain activities may not suit your own physical health and abilities. Anyone with a pre-existing medical condition or doubts about doing any of these activities should ask their doctor or public health nurse first.