



GOOD POSTURE FOR WELLNESS

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Abstract

In order to remain fit, healthy and wellbeing a person should adopt good posture. The first image of personality comes through good posture. Good posture indicates wellbeing, healthy and sound body. Moreover, it keeps us away from many health problems. Moreover, bad posture is big drawback in our personality and it leads to many health problems and deformities in body. This reduces human efficiency. However, postural deformities can be corrected easily through asanas and physical exercises. The present paper may help to understand the importance of good posture and tips for correct standing, sitting and walking posture.

INTRODUCTION

Posture is the specific body position. Posture is a tool of mechanical efficiency of body which causes minimum stress to muscles. Moreover, maximum output of physical efficiency can be attained. Correct or good posture is the position of body held without any sense of effort. The efficiency of body depends upon good posture. It is directly related to the wellbeing and health status of an individual. By adopting the correct posture, the various organs of the body get rest, the body does not get easily tired and the person remains in sound health. Good posture keeps our bones in their natural shape and in proper alignment.

There are two types of Posture:

- **Static Posture:** -Static posture is how you hold yourself when you are not moving, like in sitting, standing, or sleeping.
- **Dynamic Posture:** -Dynamic posture is how you hold yourself when you are moving like walking, running, or bending over to pick up something.

It is important to make sure that you have good static and dynamic posture. The key to good posture is the position of your spine. Your spine has three natural curves at your neck, mid back, and low back. Correct posture should maintain these curves, but not increase them.

According to Ronan Keating “you say it best when you say nothing at all,” because non-verbal behaviours such as body posture and body language can provide great insight into a person from their personality, to their mood and emotions.

Standing Posture: Standing is one of the most common activities which has improved the human race from quadruped (four legs) to biped (two legs). It provides static and dynamic actions to human. The correct standing posture is held without any sense of effort. Standing is a position in which the body is held in upright position and supported only by the feet.

Tips for correct Standing posture

- Stand up straight and erect
- Keep your shoulders back
- Keep your feet apart about 4 to 6 inches (roughly shoulder width)
- The Centre of Gravity (C.G.) should be with the centre of feet.
- Hold the head straight, chin parallel to floor, keep shoulder, hips and knees in straight line.
- Put your weight mostly on the balls of your feet
- Let your arms hang down naturally at your sides
- From side view ear, shoulder, hip, knee and ankle should be centred along an imaginary straight line.

Sitting Posture: Sitting is also one of the common activities in which most of our time is spent. In correct sitting posture, the backbone should be correct so that natural curve should be visible. The upper region of the backbone should be straight against the back of the chair.

Tips for Correct Sitting Posture

- Switch sitting positions often
- Take brief walks around your office or home
- Gently stretch your muscles every so often to help relieve muscle tension
- Don't cross your legs; keep your feet on the floor, with your ankles in front of your knees
- Make sure that your feet touch the floor, or if that's not possible, use a footrest
- Relax your shoulders; they should not be rounded or pulled backwards
- Keep your elbows in close to your body. They should be bent between 90 and 120 degrees.
- Make sure that your back is fully supported. Use a back pillow or other back support if your chair does not have a backrest that can support your lower back's curve.
- Make sure that your thighs and hips are supported. You should have a well-padded seat, and your thighs and hips should be parallel to the floor.

- important to sit properly, and to take frequent breaks

Walking Posture: Good walking reflects the personality of a person. Very slow walks with uneven paces and dropped neck indicates some inferiority complex in the person. Similarly walking with stiff neck, looking upward chest out indicates some superiority complex or dominating personality. In walking posture feet stretches, pushes the ground and then the weight is transferred on the toe. This is called heel toe action. Walking should look smooth, efficient and graceful. Wrong walking can cause early fatigue to the leg and foot muscles or pain in the leg and feet.

Tips for Correct Walking Posture

- Keep your head up. When you're walking, focus on standing tall with your chin parallel to the ground and your ears aligned above your shoulders.
- Lengthen your back
- Keep your shoulders down and back
- Engage your core
- Swing your arms
- Step from heel to toe.

ADVANTAGES OF GOOD POSTURE

- A good posture makes individual appear smart, good looking, charming and attractive.
- Correct posture of body reflects positive health status of an individual. Good posture is an image of good health and sound body.
- A good posture improves the psychological balance of the body and mind. It improves the activeness of mind and leads to its optimum development.
- Good posture causes less strain and pain over joints as it distributes the body weight equally over the joints.
- A good physique reflects positive social qualities. Good posture is an image of happy lifestyle and social well-being of an individual.
- Various systems of body get full chance to function well if good posture is maintained. It provides optimum functioning of internal organs.
- Good posture increases the appetite. Thus, health status is improved; moreover, it causes less pressure over abdomen. Thus, digestive organs function properly.

- Correct posture helps to prevent postural deformities. Thus, health problems are reduced like Kyphosis, Lordosis, Scoliosis, Knock-knees, etc.
- Good posture helps to improve skills. Thus, more perfection in activity. It makes the movements graceful.
- Correct posture of players helps coaches and teachers for better selection of players for various activities.
- Good posture provides optimum opportunity to an individual to improve physical efficiency and fitness.
- Correct posture provides good body balance, thus more stability of individual while performing workout.

CAUSES OF BAD POSTURE

- Sometimes bad posture arises due to accidents. It may cause postural deformity.
- Many kinds of health problems like diseases, illnesses and chronic sickness cause bad posture.
- Sometimes bad posture arises due to unbalanced diet, over-diet, under-diet and lack of nutritional diet.
- The wrong sitting posture or wrong postural habits during sitting, standing, lying, working, etc. cause bad posture.
- Sometimes the improper treatment or wrong treatment for curing injury causes bad posture or postural deformity.
- Psychological stress in life leads to mental tension, unbalanced emotions or behavioural changes. Sometimes it leads to postural deformity.
- The poor muscular strength or the unbalance strength of antagonist and antagonist muscles cause postural deformity.
- Age Factor: In old age the muscular strength reduces. Thus, bad posture may arise.
- Poor eyesight causes strain over head and neck. Thus, body bends forward and it may cause bad posture.
- In some cases, bad posture arises due to poor quality shoes or clothing.

CONCLUSION

From this article, we can conclude that Posture plays an important role in our wellbeing and good health. Good posture helps the body to function efficiently and effectively. Good posture reflects the personality of an individual. Moreover, it shows the expressions, emotions and attitude of mind. Thus, posture is more than just the physical condition of an individual. With practice, you can improve your posture; you will look and feel better. Good posture is about more than standing up straight so you can look your best. It is an important part of your long-term health. Make sure that you hold your body the right way. Not only can standing and sitting with good posture make you feel more confident and powerful, it can also boost your happiness. It is therefore, necessary that we must consciously try to achieve good posture for wellbeing and healthy life style.

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