

# Benefits of Good Posture

It is always a plus for your body

## CONFIDENCE BOOST

A study shows that students sitting straight are more **confident** in their thinking



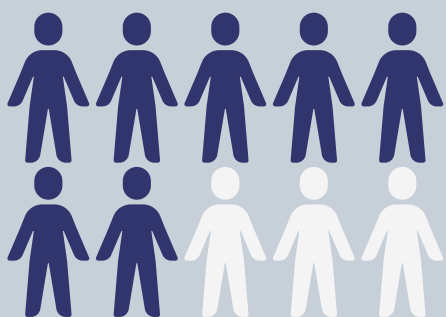
## MORE ENERGY

Having good posture helps you remain **focused** and **energized**



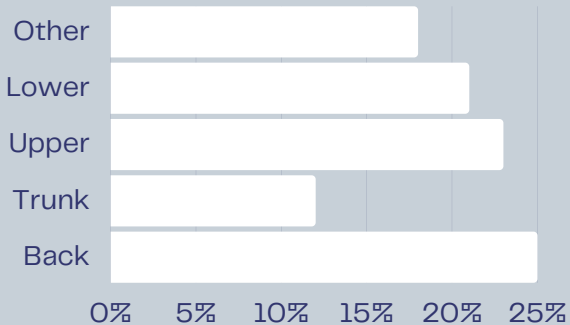
## FUN FACT

People find people with good posture more **sexier!**



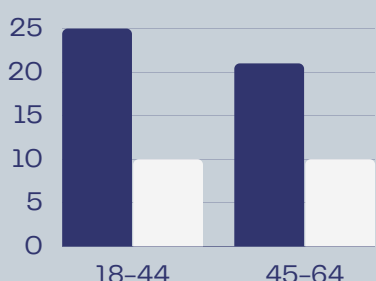
## GREATER SELF-ESTEEM

7 out of 10 people feel more **happy** compared to people than slouching down



## REDUCED RISK OF INJURY

Back pain is the **leading factor** of work-related issues



## GREATER WORK LIFE

A survey showed that people with backpain (blue) are more likely to **miss** a day of work

## LESS HEADACHES

Your brain gets more nutrients (from the better air circulation) making you more **sharp**

## EASIER BREATHING

Slouching can reduce lung capacity, leading to shortness of breath

## FUN FACT

Gamers are the epitome of poor posture

## MORE STRENGTH

A good back is necessary to improve **core** and **scapular strength** for it remain active



## APPEAR TALLER

A straight back will allow you stand at least **two inches** more taller (Female = White; Male = Blue)

## Citations

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