Exercise 1 - APPENDIX 1

STRONG POSTURE

When you feel insecure, it usually shows in your posture.

Think about it: you drop your head, your legs wobble, you fidget with your hands and prefer to look at the ground.

Did you know that a good posture helps you feel stronger? When you stand, sit and walk correctly, energy flows through your body better.

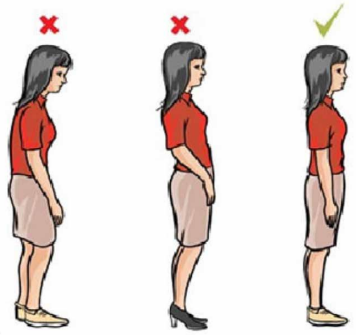
What is a strong posture?

You get a strong (standing) posture by:

- Standing with your legs slightly apart (at hips' width), standing on both legs and bending your knees a tiny bit (not locking your knees).
- Anchoring both feet firmly on the ground as if you were letting your weight sink into your feet.
- Keeping your arms next to your body.
- By pressing your shoulder blades together a little, you straighten your back completely.
- Pushing your chest forward a little and looking straight ahead.
- Not letting your head hang forward!

Advantages:

- You stand firmly. You literally stand taller!
- It takes less muscle strength to stay upright.
- Energy can run freely through your body.
- You concentrate better.
- You feel calmer.
- You think more clearly.
- You have more energy.



Tip:

You get a good sitting posture by sitting on both buttocks with your feet planted firmly on the ground and a straight back. A good sitting posture allows you to talk better.

Filmpje:

'5 Simple Ways to Come Across as Confident - Exude Confidence - YouTube'
https://www.youtube.com/watch?v=lluyY6QwUB8