

The Ultimate Beauty Tip: Good Posture

When you think of projecting a professional image, do you consider your posture? Most people don't think of it, but the way we stand, sit, and move affects just how professional we look. So, if we take the time to wear the clothing that best suits us, get the most flattering hairstyle and perfect our makeup, then it would make sense that we wouldn't want to ruin our look by having poor posture. And that's what poor posture will do – it will ruin an otherwise professional look. There are other advantages to having good posture: 1. Good posture will boost self-confidence. Try this: take a deep breath and stand straight. Do you feel better? More confident? 2. Good posture opens your diaphragm making your voice sound better. 3. It improves your health by allowing your organs to function more easily. 4. It also makes you look slimmer, younger and your clothes look better. To know if you have good posture stand sideways in front of a full-length mirror and stand as you do naturally. Is your: * Neck straight* Shoulders square* Tummy in * Feet pointing forward Or do you have: * Sloped shoulders* Drooping bust* Chest caved in To achieve good posture you must make it a habit by keeping your shoulders back, abdomen pulled in, your head lifted and chin parallel to the ground. This won't be easy if you are not used to it because you will have to build the muscles that keep your body in the correct position. It will take patience and practice. When you make a decision to work on your posture don't expect it to happen overnight but rest assured it will improve and you will see and feel the difference.

About the Author

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