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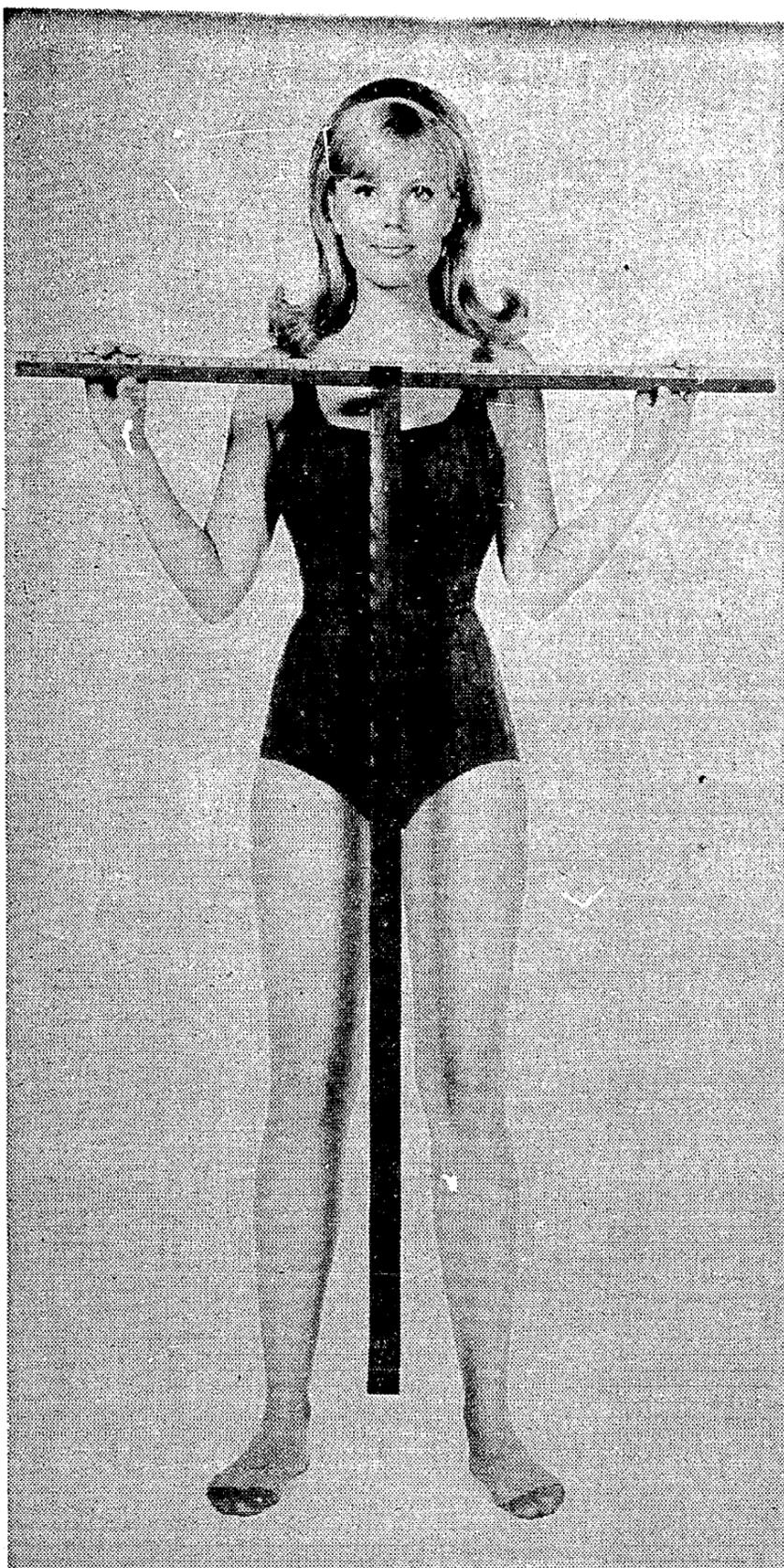
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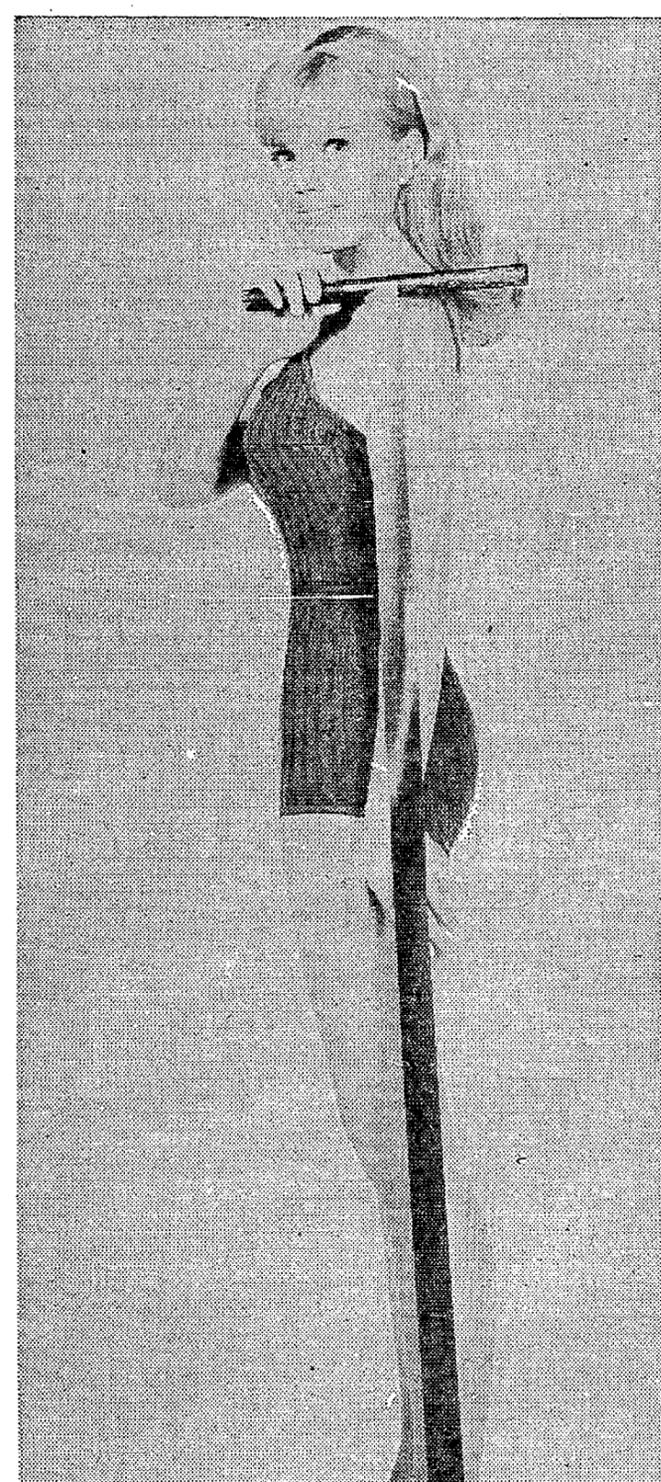
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Good posture test



Practice 'walking tall'



Check proper alignment

# Careless Habits Can Lead To Bad Posture

Why do three out of five yardstick behind shoulders brand new pamphlet, "Exercises for a Perfect Figure,"

and walk the tape line. The heel of the foot should touch the floor seconds before the ball of the opposite foot makes contact. Stick to the straight line, even if thighs slightly brush each other.

Next, hold the tape against the side of one shoulder, so the cord unrolls to the floor. Where does the line divide the body profile? If the tape bisects the shoulders, torso, thigh joint and foot, posture is ideal. If it falls in front of the shoulders, you have a tendency to hunch.

On the other hand, if the tape passes behind the shoulders, beware of sway-backed posture. The girl with the curved silhouette carries weight on the toes, while the sway-back Miss places weight on the heels. Both call for improved alignment with weight balanced in front of the ankle bones.

Walking showcases good posture. Rate your gait with this test demonstrated by Marta Kristen, star of the 20th-TV series, "Lost in Space." Place a strip of tape on the floor and practice walking tall. Keep this erect pose in mind as you slip

P.S. Here's a must for every woman who wants a better looking figure! Our

shows how to improve your proportions, alignment, and carriage. Fully photo-illustrated, this 12-page booklet offers the key to figure beauty. Send 15 cents and a self-addressed, stamped envelope to: Reba and Bonnie Churchill, Exercises For A Perfect Figure, care of The News Journal, P. O. Box 46-181, Hollywood, Calif. 90046.

Read Weekend Magazine



## NEED HELP?



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