



## Improve Your Posture with Sports

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Author: Frédéric Brigaud

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Improve, maintain, and tone up your posture! Help the various parts of your body feel more connected, for better health.

Posture is the foundation of all our movements. Our stability depends on it, not to mention our ability to recover our balance. In short, it is the key to our everyday sense of well-being and our athletic abilities. But posture is also an expression of the environment, history, and repetitive motions that gradually shape our bodies. Thankfully, none of these effects are set in stone. We can always take back control of our posture and improve the dynamics of our body.

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