



The Complete Guide to Postural Training (Complete Guides)

Kesh Patel

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Poor posture results in pain and ill health for a considerable part of the population.

Only recently have people, and personal trainers, realised that improved posture can lead to enormous health and well-being benefits. Not to mention physical benefits: the average person can add half an inch to their height, 1 inch to their shoulder width and reduce their waistline by two-thirds of an inch purely by improving posture.

The Complete Guide to Postural Training is the first book to take a systematic approach to improving posture, from initial postural assessment to a programme of corrective exercise. It is ideal for anyone who wishes to improve their posture, particularly those who wish to see health and fitness benefits or improved sporting performance. It will also prove invaluable to gym instructors and personal trainers who are dealing with increasing numbers of clients looking to improve posture and, at present, have no source of reference to work from.



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