

POSTURE

Meaning: Posture refers to the position or arrangement of the body, particularly in relation to the alignment and stance that can affect health and aesthetics.

1. Maintaining a good posture can significantly improve your overall health.
2. The dancer's elegant posture captivated the audience during the performance.
3. He adjusted his posture before speaking to convey confidence and authority.
4. Poor posture while sitting at a desk can lead to chronic back pain.
5. Yoga teaches various postures that help enhance flexibility and balance.

Source: sentences.whatistheurl.com

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