

POSTURAL

Meaning: Postural refers to the alignment and positioning of the body in relation to its posture.

1. Good posture can significantly improve postural alignment and reduce discomfort.
2. Yoga and Pilates are excellent practices for enhancing postural awareness and flexibility.
3. Postural assessments are important in physical therapy to identify areas of imbalance.
4. Children should be taught the importance of postural habits early on to prevent future issues.
5. The athlete's postural stability contributed to her impressive performance during the competition.

Source: sentences.whatistheurl.com

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