

ETIQUETTE

THE CORRECT POSTURE

We all can walk, but do you know how walk properly?

Naturally, your body should be upright.

chest out...
stomach in...
head up...

You shouldn't walk bent over,

or hold one shoulder higher than the other,

and don't sag either to the left or right.

Don't bend your knees excessively,

and don't lean against walls or furniture.

Neither should you walk stiffly, as if you've swallowed a stick or something.

Don't swing your arms like a soldier

Walk calmly,

don't make any unexpected movements,

not like you might do in a gymnasium,

Taking too short or too long steps is not elegant.

Don't put your hands in your trouser pockets.

If you follow these simple rules, you'll always receive a warm welcome wherever you go.

A correct posture makes life a lot more enjoyable!