

I'm not robot!

Sleep with a pillow. Special pillows are available to help with postural problems resulting from a poor sleeping position.

If you sleep on your back, keep a pillow under your knees.



Sleeping on your side or back is more often helpful for back pain.



Find the mattress that is right for you. While a firm mattress is generally recommended, some people find that softer mattresses reduce their back pain. Your comfort is important.

If you sleep on your side, place a pillow between your legs.

GOOD POSTURE

DO YOU HAVE IT?

Posture sets your baseline for foundational strength - it's the structural undercarriage for all movement and exercise. Bad posture follows you like a shadow, negatively impacting every move you make.

1 HEAD STRAIGHT
Ears over shoulders with eyes on the horizon.

BREATHE INTO TORSO 4
Good posture facilitates better breathing. Expand your torso in every direction as you inhale.

2 HIPS OVER ANKLES
Weight evenly distributed with hips above ankles.

ARMS HANG 5
Allow arms to hang off the sides of body, not collapsed forward or pinned back.

3 PARALLEL FEET
Feet 8-12 inches (hip socket width) apart, toes pointed forward.

ADJUST YOUR TENSION 6
Activate gluteal (butt) muscles and core muscles just enough to stabilize pelvis beneath ribcage.



Find these posture tips and other moves in the Roll Model® Method by Jill Miller to erase pain, relieve stress, and improve performance. Visit www.yogatuneup.com for more information.



CHARACTERISTICS OF GOOD POSTURE



WellnessMedia
www.wellnessmedia.com

BODY PARTS
CIRCLE THE IMRECT FACTORS

Grade 2 good posture worksheets. Good posture worksheets for grade 1. Good posture while working. Good posture guide. Good posture classes.

Welcome to ESL Printables, the website where English Language teachers exchange resources: worksheets, lesson plans, activities, etc. Our collection is growing every day with the help of many teachers. If you want to download you have to send your own contributions. Sit up straight! Neck up! Shoulders back! Posture definitely affects how people perceive you. Parents stress how important it is to sit up straight, but does posture affect your mental performance? Teachers also encourage good posture in students—maybe they're onto something! Let's find out in this experiment. Does posture affect how well you pay attention in school? 9 Volunteers 9 Desks Newspaper article 1 Sheet of paper for each volunteer 1 Pencil for each volunteer Notebook Seat each of your volunteers into a desk. Give each of them a pencil and a sheet of paper. Ask 3 volunteers to sit up straight, ask 3 to slouch, and ask 3 to put their heads down on their desks. Read the article out loud to all of them. When finished, ask your volunteers four simple questions about the details in the article, and four fairly detailed questions about the article. Have them write down the answers to all 8 questions on a piece of paper. Think about your own posture at school and how it might affect your learning. Which group do you think will answer the most questions right? Use this time to write down your guess, also called a hypothesis, in your notebook. Collect each volunteer's paper. Grade each paper, recording each volunteer's score in your notebook. Volunteers who sat up straight and maintained good posture should score best. Those slouching will likely receive average scores. The group with their heads down should score the worst. Good posture improves attentiveness and keeps you awake more effectively. Research has shown that students who keep good posture score higher on tests than those who slouch because slouching contributes to drowsiness, day dreaming, and sore muscles. Looking down at your desk may itself be a result of bad posture because you've become fatigued from muscle soreness and the sleep-inducing effect of slouching. Good posture also aids in attentiveness because students are able to connect visually with the lesson being given, even if this simply involves watching your teacher speak. Disclaimer and Safety Precautions Education.com provides the Science Fair Project Ideas for informational purposes only. Education.com does not make any guarantee or representation regarding the Science Fair Project Ideas and is not responsible or liable for any loss or damage, directly or indirectly, caused by your use of such information. By accessing the Science Fair Project Ideas, you waive and renounce any claims against Education.com that arise thereof. In addition, your access to Education.com's website and Science Fair Project Ideas is covered by Education.com's Privacy Policy and site Terms of Use, which include limitations on Education.com's liability. Warning is hereby given that not all Project Ideas are appropriate for all individuals or in all circumstances. Implementation of any Science Project Idea should be undertaken only in appropriate settings and with appropriate parental or other supervision. Reading and following the safety precautions of all materials used in a project is the sole responsibility of each individual. For further information, consult your state's handbook of Science Safety. 1) What does being 'scolded' mean? Answer the question using your own words2) Fill the gap: These stresses can be things like carrying _____ or sitting in an _____ position.3) Fill the gap: Some muscles will become tight and _____. Others will _____.4) Poor posture inflicts extra wear and tear on your joints and ligaments. What does 'wear and tear' mean? Answer the question using your own words5) Poor posture is the main cause of headaches and back pain.6) In your opinion, how could your posture affect your emotional state? Answer the question using your own words7) Which activities are mentioned as causes for bad posture? Choose all possible answers. Sitting in an awkward position for a long time using computers reading a book watching TV using mobile phones8) Fill the gap: When you look at the spine from the front or the back, all 33 vertebrae should appear _____ in a straight line.9) Correct the wrong word: You are born with this s-shaped spine.10) These curves help us stay upright and absorb some of the stress from activities like walking and jumping. What does 'stay upright' mean? Answer the question using your own words11) Fill the gap: _____, which allows you to move efficiently with the _____ amount of _____ and muscle strain.12) What part of your body is your 'trunk'? your arms and legs central part of your body including arms and legs13) Put the words in order: at your level, so eye or screen it's below slightly Adjust14) What are ergonomic aids? Give an example. Answer the question using your own words15) Why do you think being stationary for long is worse than regular movement with bad posture? Answer the question using your own words16) Put the words in order: therapist. And check worried, physical if a you're with really Live worksheets > English Finish!! Please allow access to the microphone Look at the top of your web browser. If you see a message asking for permission to access the microphone, please allow. Close In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. 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