

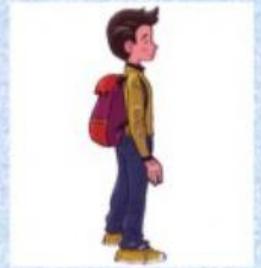
## PROPER POSTURE

Sit \_\_\_\_\_. Put your back against the backrest of the chair.

\_\_\_\_\_ your feet on the floor. Do not \_\_\_\_\_ your feet



When you wear a schoolback, \_\_\_\_\_ the shoulder straps. You need to wear it \_\_\_\_\_ up on your back. Review its \_\_\_\_\_



When you pick up something \_\_\_\_\_, do not bend your \_\_\_\_\_. Bend your \_\_\_\_\_, keep your chest out and your back straight.



When you are standing or \_\_\_\_\_, keep your back \_\_\_\_\_. Put your shoulders \_\_\_\_\_ and let them relax. Do not \_\_\_\_\_ your back.

