

Name: _____ Date: _____

Health and Family Life

Benefits of Good Posture/Examples of Bad Posture/Ways to Maintain Good Posture

Instructions: Read the notes. Read the words in the word box. Then read each sentence. Choose the correct word from the word box that completes each sentence by dragging the words from the word box and dropping them on the correct lines.

slouching	risk	healthy
regularly	growth	posture

1. To maintain good posture you need to take regular breaks and get up and move around _____.
2. An example of bad posture is _____ or leaning forward while sitting at a desk, watching television or playing video games.
3. Two benefits of having good posture are it enhances proper _____ in children and it decreases _____ or injury.
4. _____ refers to the body's position when standing, walking or sitting.
5. A good posture helps to keep the body fit and _____.