

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.

