

## Examples of Bad Postures

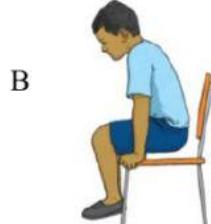
### Health and Family Life

Posture refers to the body's position when standing, walking, or sitting. A good posture helps to keep the body fit and healthy.

Examples of bad posture are Poor sitting and standing habits overtime affects one's posture e.g.

- Slouching or leaning forward while sitting at a desk, watching TV, or playing video games
- Carrying a heavy bag on one's shoulder for a long period
- Sliding forward in your chair
- Sleeping on high pillows

Choose the words slouch, heavyweight, or sliding to tell what is happening in the pictures.



Choose the words good posture or bad posture to tell what is happening in the pictures.

