

## Benefits of regular physical activity Health and Family Life

1. What is posture?

The way you hold up your body while sitting or standing.

The way you hold up your body while laying or standing.

The way you hold up your body while sitting or sleeping.

2. Should you slouch at a desk?

Yes                      no                      maybe

3. Should you slouch while standing at attention?

Yes                      no                      maybe

4. What are two stresses of the body?

Carrying lightweight the way you stand.

Carrying weight the way you smell

Carrying heavy weight the way you sit



5. Do muscles important in posture?

Yes                      no                      maybe

6. What does bad posture do to the body?

It causes wear and split on the body

It causes wear and tear on the body

It causes work and tears on the body



7. What are two areas of the body that are affected by bad posture?

Joints and ligaments.

bones and ligaments.

Joints and heart.

8. Which organs can be less efficient because of bad posture?

It is the heart

It is the stomach

It is the lungs

9. Poor posture can cause \_\_\_\_\_

back pain              head pain              chest pain

10. Can using the computer cause bad posture?

True                      False