

VOCABULARY

The importance of good posture

Exercise 1

Answer the questions.

1. How much of your day do you spend sitting? Do you have a sedentary lifestyle?
2. Do you have poor or proper posture?
3. In what ways is modern lifestyle affecting our posture?
4. Do you think nowadays people have worse posture than in the past?

Exercise 2

Poor posture. Match the expressions to the photos.

tilted chin
hunched back

slouching in a chair
slumped/rounded shoulders



Do you tend to slouch when you are sitting in a chair?
Do you have slumped shoulders?

Exercise 3

Choose the correct meaning of the expression in bold.

1. Fatigue, overuse, or improper use of a muscle can result in **muscle strain**.
A) strong muscles
B) an injury to a muscle or tendon

2. Chronic stress causes a gradual **wear and tear** on the body, including joints and muscles, which absorb and retain much of life's daily tensions.

A) damage to something from normal use

B) a broken device

3. A recurring knee injury may have **impaired** his chances of winning the tournament.

A) reduce

B) improve

4. The traffic got slower and slower until it was **stationary**.

A) fast

B) not moving

5. When you work out, make sure to **align** your feet and knees properly to avoid injury.

A) place or arrange (things) in a straight line

B) move in a direction

Exercise 4

Discuss the questions.

1. What are the negative consequences of having bad posture?

2. How should you organise your working area to ensure good posture?

3. How do the habits and activities in the photos lead to poor posture and what can be done in each situation to improve it?

4. Do any of the photos show something you do often?

Exercise 5

You are going to watch a video "The benefits of good posture"

Watch the first part of the video (0:00-1:45) and fill the gaps.

What are the negative consequences of having a bad posture?

If you have poor posture, some muscles will become _____ and _____. Others will be _____.

Poor posture inflicts extra _____ on your joints and ligaments. Increases the likelihood of accidents, and makes some organs, like your _____, less efficient.

Researchers have linked poor posture to _____ tension _____, and back _____.

Posture can even influence your _____ and your _____ to pain.



Exercise 6

Complete the extracts from the video with the words given.

Then watch the second part of the video (1:45-2:53) and check your answers.

**flat / knee / a straight line / trunk / hip / right
ankle / tilted forward / curves / relaxed**

What does good posture look like?

All 33 vertebrae should appear stacked in _____.

The spine should have 3 _____.

When you are standing up, you should be able to draw a straight line from a point just in front of your shoulders to the behind of your _____, to the front of your _____, to a few inches in front of your _____.

If you are sitting, your neck should be vertical, not _____ .

Your shoulders should be _____, with your arms close to your _____.

Your knees should be at a _____ angle and your feet _____ on the floor.

Exercise 7

Watch the last part of the video (2:52 -4:12.) Put the tips in the order you hear them.

How can you improve your posture?

- ___ Wear shoes with low heels and good arch support.
- ___ Keep anything you are carrying close to your body.
- ___ Adjust your screen so it's at or slightly below eye level.
- ___ If you sit a lot, get up and move on occasion.
- ___ Try sleeping on your side with your neck supported, and with a pillow between your legs.
- ___ Use a headset for phone calls.
- ___ Backpacks should be in contact with your back, carried symmetrically.
- ___ Make sure all parts of your body, like your elbows and wrists, are supported.
- ___ Be sure to exercise.

Exercise 8

Speaking. Posture is an important part of body language. You can communicate a lot to your audience with the way you hold your body.

What kind of posture communicates:

- self confidence?
- that you are interested in what the other?
- person is saying?
- lack of self-esteem?
- lack of interest?

