

Good Posture

Read the notes then answer the questions using the pictures.

Ways to maintain good posture. Practice good health habits to improve posture.

- Take regular breaks and get up and move around regularly.
- When travelling to school, reduce the amount of books and other heavy items in school bags
- Sleep on low pillows to avoid neck strain
- Engage in regular exercise
- Eat healthy meals to build strong bones and improve growth and development
- Get at least eight to ten hours of sleep every night.



- Eat healthy meals to build strong bones.
- Do not sleep on high pillows
- Engage in regular exercise

- Get at least eight to ten hours of sleep every night.
- Sleep on low pillows to avoid neck strain
- Engage in regular exercise



- Reduce the amount of books in your bag.
- Do not sleep on high pillows
- Engage in regular exercise

- Eat healthy meals to build strong bones
- Do not sleep on high pillows
- Engage in regular exercise



- Reduce the amount of books in your bag.
- Do not sleep on high pillows
- Get 8 to 10 hours of sleep.

- Eat healthy meals to build strong bones
- Do not sleep on high pillows
- Engage in regular exercise

- Reduce the amount of books in your bag.
- Do not sleep on high pillows
- Get 8 to 10 hours of sleep.

- Heavy bags can cause bad posture.
- Do not sleep on high pillows
- Engage in regular exercise

