

## 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.



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- Do not sleep on high pillows
- Engage in regular exercise



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- Reduce the amount of books in your bag.
- Do not sleep on high pillows
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- Heavy bags can cause bad posture.
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