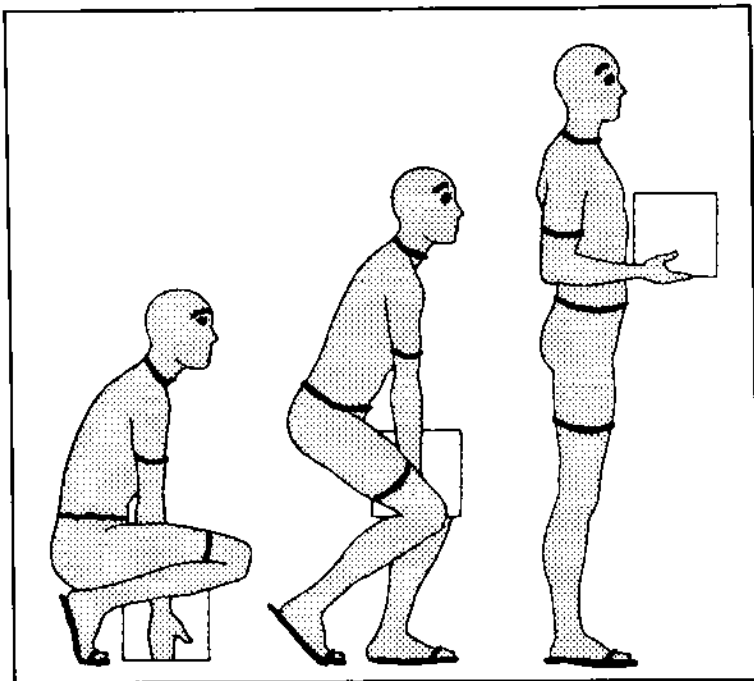


GUIDELINES FOR BETTER POSTURE

ACTIVITY SHEET 10

Directions: Practice each guideline for better posture.

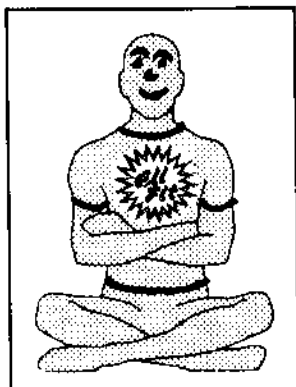
1. When lifting, stand close to the object and spread your legs wide. Keep your back straight and bend at the knees. Lower your body only as far as necessary. Grasp the object and using your leg muscles, stand up straight. Hold the object close to your body.



3. It's great to carry a load of books in a backpack. You can also hold them in both arms in front of you.



2. The best way to sit on the floor is with your legs crossed.



4. One good way to fall asleep is lying on your side, not on your stomach.

