



Good Posture

When Nagging Doesn't Work

Trying to maintain good posture in children is often a difficult struggle for parents and teachers alike. Posture is considered a learned behavior and is developed early in young children and contributes a lot to good self-esteem. Poor lifestyle habits like sitting for long periods of time at a computer or carrying heavy loads in a backpack will contribute to a “hunched” posture. Unfortunately, as childhood obesity and inactivity are on the rise so is poor posture in children due to a loss of core stability making it very difficult to maintain good posture, especially while at school. So, when nagging doesn't work try a few simple tricks to help encourage good posture.

- 1. Get up and exercise- kids should try and engage in some sort of physical activity each day**
- 2. Take stretch breaks often- get up and move after sitting for long periods of time, over 30 minutes**
- 3. Replace chairs that are sat in often with exercise balls. These balls force core muscles to work and maintain posture even when sitting.**

