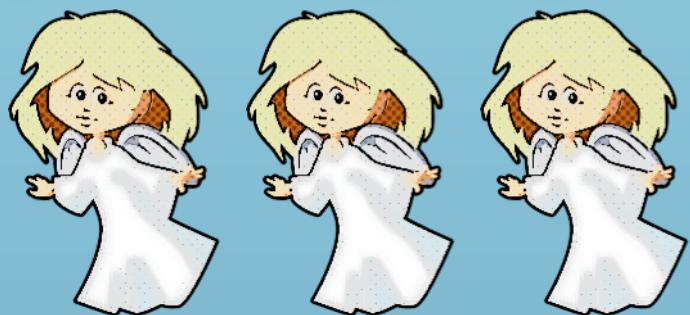


TOP 5 POSTURE ACTIVITIES

@DaleSidebottom

ANGELS

STUDENTS STAND AGAINST A WALL WITH THEIR FEET SHOULDER-WIDTH APART. STUDENTS SHOULD THEN GENTLY PRESS THEIR LOWER BACK AGAINST THE WALL. THE STUDENTS NEED TO PLACE THEIR ELBOWS, FOREARMS AND WRISTS AGAINST THE WALL, PALMS FACING FORWARD. NEXT, STUDENTS SHOULD RAISE AND LOWER THEIR ARMS IN A SMALL ARC WHILE KEEPING THEM IN CONTACT WITH THE WALL AT ALL TIMES. WORK UP TO PERFORMING THIS EXERCISE 10 TIMES.



BALL HOLD

STUDENTS START BY SITTING IN A CHAIR. THEY HAVE THE BEST POSTURE WHEN THEY SIT WITH A STRAIGHT BACK A FEW INCHES AWAY FROM THE BACK OF THE CHAIR. SLIP A TENNIS BALL BETWEEN THEIR BACK AND THE BACK OF THE CHAIR AND CHALLENGE THEM TO HOLD IT IN PLACE. STUDENTS NEED TO SIT UP STRAIGHT AND MAINTAIN GOOD POSTURE TO KEEP THE TENNIS BALL IN ITS PLACE.

WALL SLIDE

STUDENTS STAND WITH THEIR BOTTOMS, AND BACK, AGAINST A WALL. THE STUDENTS THEN BRING THEIR FEET 30CMS AWAY FROM THE WALL. THEY KEEP THEIR BACK AGAINST THE WALL AND LOWER THEIR BOTTOMS UNTIL THEIR KNEES ARE BENT TO ABOUT 60 DEGREES, KEEPING THEIR ABDOMINALS TIGHT. STUDENTS HOLD THIS FOR 20 SECONDS THEN RISE BACK UP TO WHERE THEY ARE STANDING UP STRAIGHT. FOR A CHALLENGE TELL STUDENTS TO BEND THEIR KNEES TO 90 DEGREES AND SEE WHO CAN HOLD THEIR WALL SLIDE FOR THE LONGEST. THE WALL SLIDE IS GREAT FOR IMPROVING STRENGTH AND STUDENTS' POSTURES.



SHOULDER SQUEEZE

STUDENTS START BY STANDING WITH THEIR ARMS STRAIGHT OUT FROM THE SHOULDERS. THEN THEY BEND THEIR ELBOWS SO THEIR HANDS ARE SHOULDER HEIGHT AND PALMS ARE UP. STUDENTS SQUEEZE THEIR SHOULDER BLADES TOGETHER AND HOLD FOR FIVE SECONDS. RELAX AND ASK THE STUDENTS TO REPEAT THIS FIVE TIMES.



COBRA

STUDENTS LIE ON THEIR STOMACH AND PLACE THEIR HANDS ON THE GROUND UNDER THEIR SHOULDERS. KEEPING THEIR HIPS ON THE GROUND, TELL STUDENTS TO PUSH UP AND PEEL THEIR TORSO OFF THE GROUND. PUSH UP AS HIGH AS THEY CAN WITHOUT CAUSING PAIN. HOLD THIS FOR TEN SECONDS THEN TELL STUDENTS TO RELAX BACK ON THEIR STOMACHS.



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