

Think on your feet!

9.10.2020

Some things to try...

Kids are built to move- we all are actually! As we transition back to school its important to provide a break from sitting!

Kids can easily stand to do their work. Just make sure they are standing in good posture as well...

- Knees should align directly over ankles; hips fall in line directly above knees.
- Shoulders should line up with the hips and the tip of the ear should be directly above the shoulder.
- Tummies should be pulled in- many kids just let their tummies tilt forward or pooch out.
- Back and neck should be erect.
- Hips should be stacked but not tucked up underneath like a scared dog.
- Try taping homework to the wall and allowing kids to work this way. This helps to develop the shoulder girdle and core muscles and can be a nice change.



How is your **POSTURE**? How about your kids?

POOR POSTURE 

Poor posture may cause:

- Fatigue
- Headaches
- Neck/ back pain
- Joint pain
- Poor focus
- Mood swings
- Low immunity
- Height reduction
- Poor psychomotor skills



 **GOOD POSTURE**



POOR POSTURE WILL AFFECT YOUR HEALTH!

And here is why...

- We need to change positions at least every 20-30 minutes throughout the day (kids and grown ups alike).
- Studies show standing while working can improve memory and focus, increase attention and blood flow, decrease back pain and help burn calories.
- Standing while working helps improve mood and self confidence too!

Contact: Kori Mannon, MPT

mannonmotion@gmail.com

575.740.0356 with questions