

Five Days of Fitness Improve Your Posture

Comprehension Questions



Watch the video carefully and complete the comprehension questions and activities.

1. Name two reasons why we often sit with poor posture.

- _____
- _____

2. Where are the neck flexors located?

- a) At the chin.
- b) Along the spine.
- c) At either side of the windpipe.
- d) Between the fingers.

3. Describe where the feet should be located in good seated posture.

4. In a standing posture, the hip flexors and knees should be held rigidly straight.

True False