

# Five Days of Fitness Improve Your Posture

## | Suggested Responses



### Comprehension Questions

1. We sit for too long on our bottoms; we spend too much time looking down at our devices.
2. c) At either side of the windpipe.
3. The feet should be located slightly out, so that the heels are underneath the knees.
4. False

### Posture Check

Student response will vary, however any recommendations should be based on problems identified in their short report and draw upon information, techniques and exercises from the video.