

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