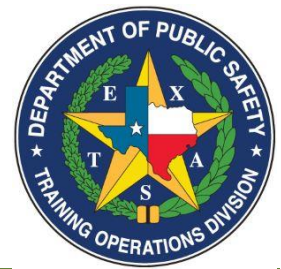




OVERCOMING POSTURAL ISSUES TO IMPROVE EXERCISE FORM



This interactive training will provide research-based information focused on causes of and solutions to poor posture resulting from prolonged inactivity and technology use. It will also provide resources for improving posture through movement, as well as select mobility and strength exercises.

In this handout, you will find space to take notes and resources from the webinar.

1. How many hours in an average day do you spend on the following?
 - Sleeping _____
 - Working _____
 - Commuting _____
 - Exercising _____
 - Remaining time _____

2. Fill in the following cues of good posture:
 - Head _____.
 - Shoulders _____ and _____.
 - _____ tight.
 - Tuck _____.

3. The two major practices to re-train your body to maintain good posture are:
 - _____ daily movement
 - Perform _____.

4. Being physically active is beneficial because...
 - It improves endurance and reduces stress, both of which reduce _____ risk.
 - It promotes blood flow, which improves _____ and _____ function.
 - It preserves _____, _____, and _____ / _____; all of which keep the body efficient and resilient.

5. What are some ways you would like to try to move more during your work day or free time?

6. See the following resources for additional information on corrective exercises:
 - [Postural Corrective Exercises](#)
 - [DPS Fitness Workouts of the Day](#)

Key Takeaways & Notes: