

# POSTURE PROBLEMS?

*Talking to kids about posture.*

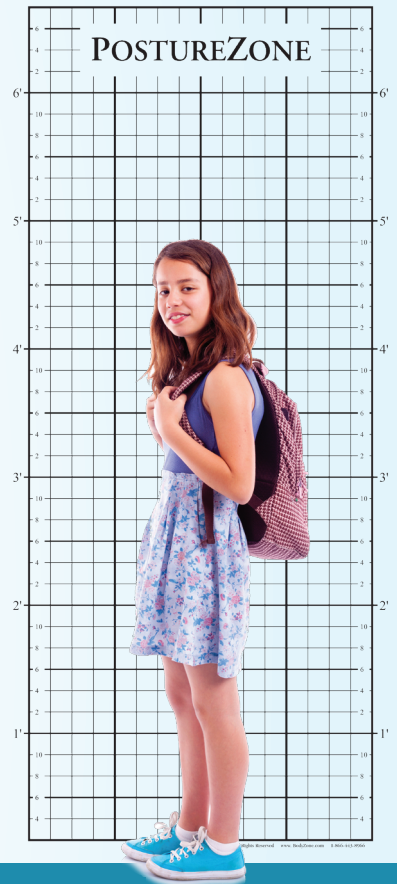
## *Take a posture picture!*

Kids are texting and typing a lot, with many glued to mobile devices for hours a day. Posture distortions of today's kids who spend too much time sitting in front of televisions, crouched over tablets, or folded over computer keyboards, are likely to get worse as they get older.

If your child is slumping into folded posture, has a "backpack hunch", or is complaining of back or neck pain, making a change takes more than words. Build posture awareness and benchmark their growing body with a posture picture.

Regular posture assessments are a great way to keep an ongoing record of how children and teens look and stand. While kids ignore a parent's advice to "straighten up", when they see an image of their own body hunched over...

*it makes a lasting impression.*



## *What's next?*

Get your child's input on their picture. Making kids aware of their posture is the first step to encouraging them to work towards improvement. Even if they don't seem to care about health consequences, from a child's perspective the impact posture has on appearance, self-confidence and sports performance can be huge.

Start tracking posture now. You'll have a captive audience next year when it's time for their annual posture picture and you compare the results together!

*Adapted from: Stand Taller Live Longer: An Anti-Aging Strategy.*

**SCHEDULE  
A POSTURE  
ASSESSMENT  
TODAY!**