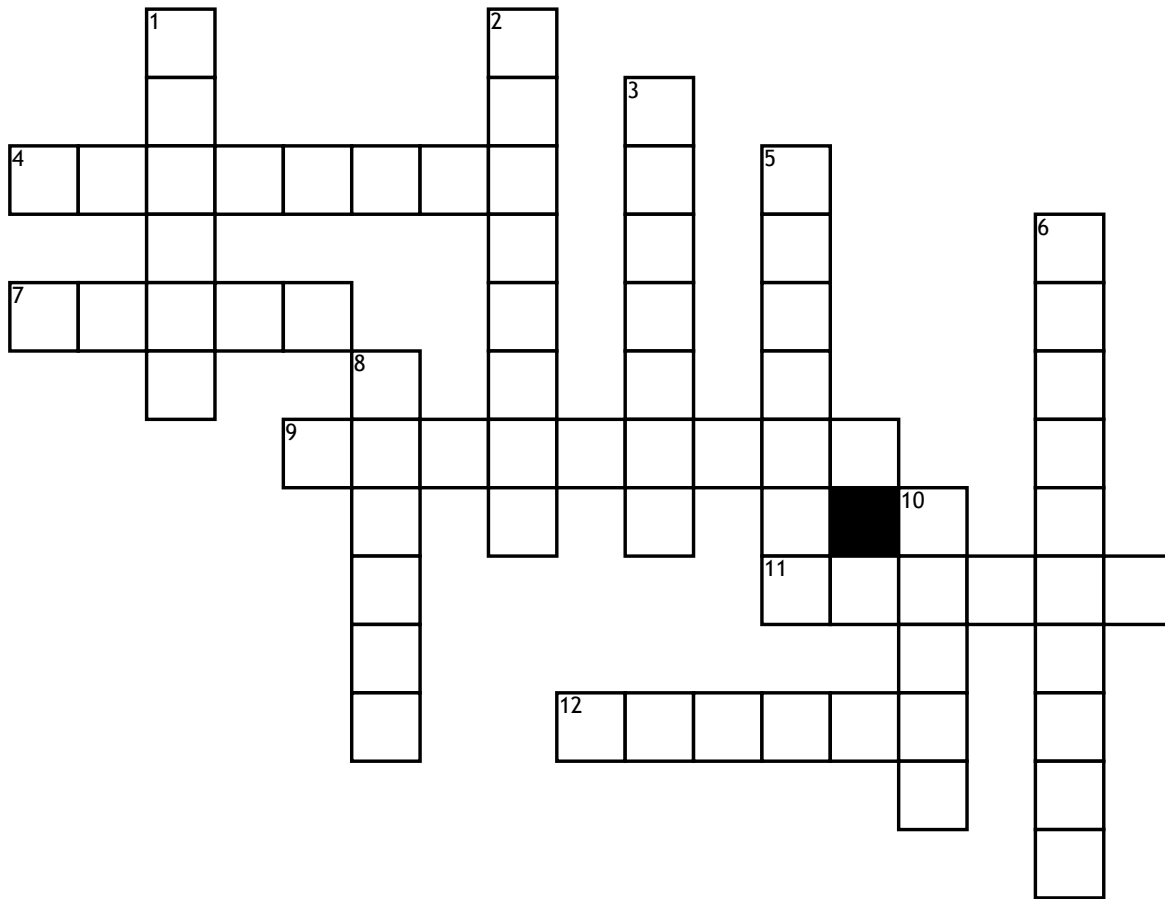


# Posture & Wellbeing



## Across

4. Being active and stretching keeps your body

7. My eyes should be \_\_\_\_\_ with the screen I am using

9. Poor posture makes your muscles become

11. Bad posture

12. Correct standing posture

## Down

1. looking down at screen puts \_\_\_\_\_ kg of pressure on your neck & spine

2. Bad posture puts this on the organs

3. There are over 600 of these in the body

5. \_\_\_\_\_ hump develops on your neck from years of poor posture

6. Drinking water keeps your joints and muscles

8. The safe distance to use your mobile phone, \_\_\_\_\_cm

10. There are 206 of these calcium strong structures in the body