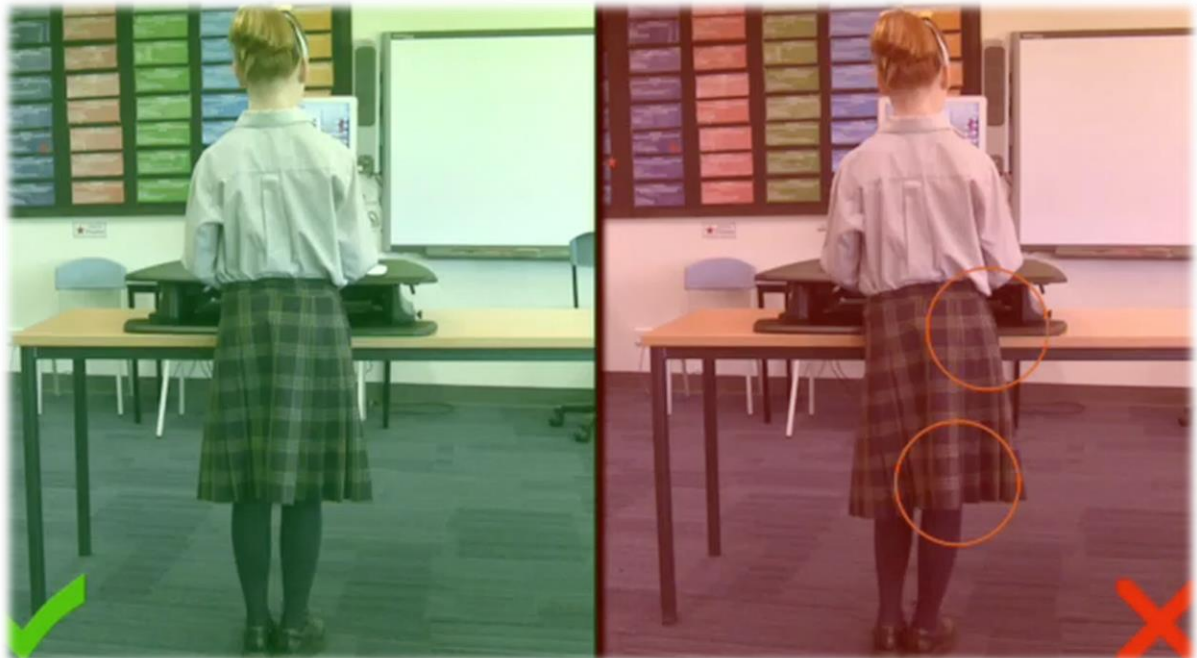


SMART HEALTH SCHOOL PROGRAM

How are you standing?



Avoid:

- Rocking across onto one hip
- Locking your knees

Ensure you have:

- An upright, symmetrical posture
- It's ok to shift weight from one side to another
- You are wearing supportive shoes



Smart Health
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For more information about the Smart Health School Program go to www.smarthealthtraining.com.au