

Good posture Academy

Posture is the way we hold our body when standing, sitting or lying down.

Good posture is fundamental to overall health and wellbeing

But did you know?

38% of children have bad posture (National Posture Institute)
10% of under 10s have started the damage that will lead to future back pain

What causes this?

Heavy backpacks	Sedentary lifestyles	TVs, phones & tablets
Mimicking slouching adults	Low self esteem	Unchecked bad habits

Child & Youth Health say that spinal damage from childhood causes health issues in later life – headaches, fatigue, poor concentration, mood swings and low immunity.

In the UK, 3 million working days were lost last year because of back problems.

Prevention is key

I run a club that helps children to improve their posture in a safe and dynamic environment.

About my programme

As a proud mother of two, I have used what I learnt from elite level sport, physiotherapy and physical training to ingrain good posture into my children.

This programme allows me to educate other parents and kids.



Term starts from 29th Apr to 22nd July 2019

Contact me on:
kasialifestyle@gmail.com / 07738200488

The Morning Club Years 2 to 6 are invited to attend (places limited to 20 children)

WHERE: The School Hall

What to wear: PE kit or T-Shirt & Shorts. No shoes needed.

Term fee **£4.95** per lesson or **£54.45** per term (11 weeks)

WHEN: EVERY MONDAY

Morning Club: 8.00am to 8.45am



After my session, healthy biscuit and hot chocolate provided.

It builds straight backs, strong cores and good habits! This is done with super fun games – using toys like hula hoops and bean bags. The children don't even realise they're learning!

ABOUT ME

I've always had a passion for sport and outdoor activities. After narrowly missing out on competing in the Sydney Olympics, I became a certified Level 2 Fitness Instructor and am currently studying Physiotherapy as part of the Level 3 course.

If you have any queries, please feel free to contact me via the school reception.

Best wishes,

Kasia Archer

GOOD POSTURE ACADEMY

ST EDMUND'S CATHOLIC PRIMARY SCHOOL GOOD POSTURE ACADEMY BOOKING FORM

CHILD'S FULL NAME: _____

YEAR: _____ ADDRESS: _____

_____ POSTCODE: _____

CONTACT NAME & NO: _____

EMERGENCY NAME & NO: _____

MEDICAL CONCERNS/ALLERGIES: _____

(I sometimes use hands-on assists for alignment purposes but always seek permission first - please let me know if you would prefer me not to.)

EMAIL: _____

I enclose booking form and payment for Autumn Term / Spring Term / Summer Term:

Cash Cheque - I enclose payment of: £ _____ or email me for Bank Transfer details

PARENT/GUARDIAN

NAME: _____ SIGNATURE: _____ DATE: _____

Bad posture >>>>

HEALTH:

Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over the table, smartphones and slouching in front of computers.

FEEL

Slouching not only makes you look tired, but also makes you feel sluggish, fearful and self-conscious.

COMMUNICATION

Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.

APPEARANCE

Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive, and even couple pounds heavier.



Good posture <<<<



HEALTH:

Practicing good posture engages your core, opens up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.

FEEL

Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.

COMMUNICATION

Simply pulling your shoulders back, chin up and back straight communicates confidence, presence and openness and helps you own the room.

APPEARANCE

Holding yourself upright and in good posture can help you look better.



Did You Know?

Posture is the number 1 reason for doctors visits and missed work-days after the common cold.

A Posture Academy a day could literally keep the doctor away!