

HOW TO APPLY THE POSTURE RULES		
What is it	What to do	It feels like
1. BE 'NATURAL'	STANDING STRAIGHT and KEEPING SHOULDERS BACK DOWN - relaxed but not 'floppy' posture.	→ NATURALLY RELAXED
2. STRAIGHT BACK / TUMMY IN	STANDING TALL and keeping the position of the back STRAIGHT with tummy tucked 'in', and shoulders down.	→ STANDING & 'FEELING' TALL
3. BENDY KNEES	KEEPING YOUR KNEES BENDY in a natural flexible position (no straight knees!).	→ FLEXIBLE KNEES

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. GET TENSE OR FLOPPY	1. STAND STRAIGHT
2. SLOUCH YOUR POSTURE	2. STAND TALL
3. STIFF YOUR KNEES	3. RELAX KNEES

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. BE NATURAL	1. STRAIGHT BODY 2. SHOULDERS BACK DOWN
2. STRAIGHT BACK / TUMMY IN	1. HEAD UP 2. STAND TALL 3. 'FEEL' BODY TALL
3. BENDY KNEES	1. KEEP KNEES NATURAL 2. 'FEEL' KNEES FLEXIBLE

REMEMBER
THE DETAIL
THE ACTION
THE FEELING