Subject: Home Economics

class: JSS1

Term: First Term

Week 7

Topic: Good Posture and Exercise

© Lesson Objectives

By the end of the lesson, students should be able to:

- 1. Define posture and exercise.
- 2. Explain the importance of good posture and exercise.
- 3. State guidelines for maintaining good posture and exercising the body properly.

I. Meaning of Posture and Exercise

Posture:

Posture refers to the way we hold or position our body while sitting, standing, or moving.

- Good posture keeps the body properly aligned and reduces stress on muscles and joints.
- **Poor posture** can lead to fatigue, pain, and even long-term health issues.

🏃 Exercise:

Exercise is any physical activity that improves or maintains physical fitness and overall health. It includes activities like walking, running, skipping, dancing, and stretching.

II. Importance of Good Posture and Exercise

Good Posture Helps To:

- Maintain body balance and alignment
- Reduce the risk of back and joint pain

- Improve breathing and digestion
- Boost self-confidence and appearance
- Enhance coordination and movement

Exercise Helps To:

- Keep the body fit and healthy
- Strengthen muscles and bones
- Improve blood circulation
- Prevent diseases like obesity and diabetes
- Reduce stress and promote mental well-being
- Boost energy levels and help with sleep

[1] III. Guidelines for Maintaining Good Posture and Exercise

A Posture Guidelines:

- Sit upright with back straight and both feet flat on the floor
- Avoid slouching or bending the back unnecessarily
- Stand tall with shoulders back and head up
- Use chairs and tables that are the right height
- Do not carry heavy loads with one hand or shoulder only

Exercise Guidelines:

- Warm up before exercising and cool down after
- Exercise regularly at least 30 minutes a day
- Choose activities that suit your age and ability
- Wear comfortable clothes and proper footwear
- Drink water before, during, and after exercise
- Avoid over-exercising to prevent injuries