Keep-Well Team Demonstration - Posture : Extension Circular 10-17-2

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Seeing Ourselves as Others See Us.

Do you inspire confidence? A good posture is a great asset.

Do you tackle your work with head up and chest out? A good posture helps to win success.

Do you go about slouching? A poor posture helps to spell failure.

A person having round shoulders, flat chest, hollow back, relaxed abdomen does not inspire confidence.

In a survey recently made in the Physical Education Department of the University of Nebraska on posture, it was found that out of 1429 students registered in the department, only 22 were rated as having "A" or normal posture. 507 scored in the "B" group, 791 in the "C" group and 109 in the "D" group or those having decidedly faulty posture. This survey was made in an endeavor to show the students the importance and relation of posture to health.

Similar surveys have been made elsewhere with practically the same results.

This great group represented by "B" and "C" posture are of the type familiar to all of us. The weight of the body resting on the heels, the abdomen prominent, the shoulders round, in other words, - "the slouch."

Every boy and girl has the right to be as good-looking - as healthy and vigorous and full to over-flowing with the sheer joy of living - as Nature intended that young growing boys and girls should be. Nature intended that they should be brimming over with life, energy and ambition. She intended that young boys and girls should have bright eyes and rosy cheeks; that they should have free lithe bodies with strength and grace in every movement.

The insignia of Boys and Girls Club Work is the 4-leaf Clover, each leaf bearing the letter H. One stands for Head, one for Hands, one for Heart, and one for Health. Did you ever stop to think that it is this fourth H which makes all others worth while? It is sound health that makes possible the keenest brain, the kindliest heart and the strongest steadiest head.

Doctor Martin Edmonds says "Health means 100% efficiency and this means strength enough for the job, for digestion, for recreation and a surplus for the inevitable crises of life. Diet and posture are the two prime factors which govern health."

Posture, or the way boys and girls hold themselves when walking, standing or sitting has a great deal to do with appearance and health. Good posture indicates mental and physical poise. Lillian Drew, who is an authority on posture
says, "In correct posture, the body is well balanced, in a position of ease, with the weight borne equally on both feet, the knees and hips extended. The body should be as tall as possible without strain; the head erect and easily poised, with no tension in the neck; chest elevated; abdomen retracted, arms hanging easily from the shoulders." In this position the body is in its most advantageous adjustment for work, health and beauty.

A strong erect posture expresses to the world at large, strength of will, alertness, poise and joy of living.

SCORE CARD FOR POSTURE

Posture while standing - • ,
- Head well poised --------------10
- Shoulders level ------------- 10
- Arms relaxed -- ----- ------ 10
- Body line unbroken by abdomen; chest broad - 10
- Feet in good position, slightly apart and parallel ---------------10

Good Lines and grace when seated - • ,
- Lower spine against chair back ------- 10
- Hands in repose; knees almost touching each other, feet parallel--------------10

Harmony of movement when walking - • ,
- Good rhythm of entire body ------------ 10
- Feet toeing straight ahead ---------- 10
- Elastic step; firm not heavy -------- 10

Total --------------100

This demonstration is worked out because there is much faulty posture among us today. It is especially important that growing boys and girls realize the health, beauty and economic values of good posture. It is necessary for us to have a mental picture of the value, and beauty of correct posture, in order to correct our own posture as well as to help others to see its value and importance. Sometime ago there was an impression that it was the thing to slouch but now every thinking boy and girl is doing everything possible to reach a high standard of good posture.

Do you not believe that it is possible through this demonstration to call attention to the essentials of good posture and to some simple exercises that will help to remedy poor posture? Through this demonstration, to explain and score posture so that better standards will be set and habits of good posture acquired by yourself and that you may even be able to interest other boys and girls, 4-H Club members as well as older people in better posture.

4990-G
Team Demonstration

A Talks

- Opens demonstration.
- Introduces team.
- Tells plan of demonstration.
- Value and importance of posture.
  (Hygienic, economic, social, esthetic)
- Ideal posture.
- Posture standards.

B

- Assists A.
- Acts as model.
- Holds charts.

A

Assists B.
Acts as model.
Holds charts.

B Talks

- Marks of faulty posture,
  Stooped shoulders, hollow chest, round neck, hollow back, flat back, protruding abdomen.
- Causes of faulty posture.
  Muscular weakness, rapid growth, improper nourishment, lack of exercise, ill-fitting or misshaped shoes.
- Correcting bad posture.

A Talks.

- Test posture in standing, walking, sitting, working.
- Score posture.
- Exercise for improving posture.
- Closes demonstration.

B

- Assists A.
- Acts as model.
- Cleans table, Puts things away.

Suggestions for Posture Demonstration

References:
- Keep Well, Problem I.
- 1926 Health Problem.
- Individual Gymnastics by Lillian Drew. Copies of this book may be had by writing the State Library Commission, Lincoln, Nebraska. These will be supplied to you free of charges except postage.

- Pictures of historic characters showing good posture, such as Washington, Queen Louise, etc., may be shown.

- Charts illustrating body postures, such as sitting, stair climbing, etc., will help to enforce points not easily shown by demonstrators.

- Standard posture charts showing "A", "B", "C", and "D" posture poses would be helpful.

- Use demonstrators to "do" and "show" steps whenever possible.
"Tooth-pick" men, as are used in the exercise at the close of each Keep Well lesson, will well illustrate posture positions. These may be made large for charts.

Ode to Posture

"Good posture is an asset
Which very few possess
Sad to relate, the favored ones
Seem to be growing less.

We see the folks around us
All slumped down in a heap
And the way that people navigate
Is enough to make you weep.

Some elevate their shoulders
Some hollow in their backs
Some stiffen up their muscles
And some just plain relax.

The one who walks with grade and poise
Is a spectacle so rare
That even down on gay Broadway
The people turn and stare.

If you could cut a figure
In business, sport or school,
Just mind the Posture Precepts
Obey the Posture rule.

Don't thrust your head out turtlewise;
Don't hunch your shoulders so;
Don't sag and drag yourself around;
No style to that, you know.

Get uplift in your bearing,
And strength and spring and vim;
No matter what your worries,
To slouch won't alter them.

Just square your shoulders to the world
You're not the sort to quit,
It isn't the load that breaks us down
It's the way we carry it."