

Stick Figure Models

Use the stick figure models to record your observations from your Posture Self-Assessment (pages 132-135). Mark the positions of your bones on the stick figure models—feet, knees, pelvis, spinal curves, rib cage, shoulders and head—to create a representation of your posture. Your drawings don't have to be a work of art, but they should be enough to give you an idea of your current posture when you refer back to them. For simplicity, you could just mark the major deviations—the ones that stand out to you the most.

