



## QUIZ #3 - Healthy Habits Part 1

### **How to Sit (at your desk safely)**

1. In 2009, the NY Times called, "Sitting the new \_\_\_\_\_."
2. To reduce damage, subluxations and postural deformation from happening while sitting, it is recommended to take quick movement breaks from a static position every:  
a. 60 min      b. 30 min      c. 20 min      d. 10 min
3. Your computer monitor and/or laptop should be at \_\_\_\_\_ level or higher to help you neck curve.
4. To protect your low back curve while sitting use a lumbar support and/or keep your knees below / above your hips.
5. When sitting keep your body \_\_\_\_\_ to the desk with your elbows at \_\_\_\_\_ degrees in order to protect yourself from shoulder, wrist, and neck dysfunction.
6. Sitting on an exercise ball increases / decreases your stability forcing you to increase/decrease your core activation.
7. I would like a doctor's note for my work to help in getting me a stand up desk.  
a. Yes      b. No      c. Unsure at this time

### **How to Stand (safely)**

1. The best standing posture to protect our spine is called bracing. It is accomplished by:  
a. Pointing feet \_\_\_\_\_ ahead and keeping them under the hips.  
b. Tightening your \_\_\_\_\_ and \_\_\_\_\_  
c. Spreading your \_\_\_\_\_ aka squeezing your shoulder blades.
2. "The best posture is the \_\_\_\_\_ posture." - G. Cruz
3. Stand up desks are healthier because they allow people to \_\_\_\_\_ more throughout the day than sitting at a desk.
4. When standing keep your body \_\_\_\_\_ to the desk with your elbows at \_\_\_\_\_ degrees in order to protect yourself from shoulder, wrist, and neck dysfunction.
5. Another trick to take pressure off your low back while performing standing chores (dishes, laundry...etc) is to lower your center of mass, which is done by taking a \_\_\_\_\_ stance and/or hinging at the \_\_\_\_\_.
6. I would like Dr. Nick to come and speak at my work or organization on this topic so those I associate with can benefit from this education and prevent posture related disease.  
a. Yes      b. No      c. Unsure at this time      (free for groups 10+)

### How to Lift (safely)

1. The key to lifting objects safely is to keep your spine \_\_\_\_\_ and \_\_\_\_\_ tight.
2. When moving an object, it is important to move your \_\_\_\_\_ and not to twist your spine.
3. T / F Always hold objects as far from your body as possible while lifting.
4. Under load, the spine needs to stay \_\_\_\_\_ and rigid.
5. Abdominal muscles are like a weight belt for your spine. The heavier or more awkward the load being lifted is, the more / less abdominal tension needs to be applied.
6. Which of the following is an unacceptable form for lifting safely:  
a. deadlift      b. squat      c. fishing pole      d. Lunge

### How to Sleep

1. Most of our physical problems are caused by poor movements and/or prolonged \_\_\_\_\_
2. T / F It is healthier to sleep on a soft bed, such as a waterbed, than a hard bed.
3. T / F Big pillows contribute to the most common and dangerous postural distortion: forward head posture that causes tension in the spinal cord leading to disease and a shortened life span.
4. The best position to sleep in is:  
a. stomach      b. back      c. side
5. Sleeping on your side is acceptable if you alternate sleeping on \_\_\_\_\_ sides.
6. \_\_\_\_\_ need to be turned off at least 30 minutes before bedtime to allow for good sleep.
7. T / F Daily exercise and journaling are two aids in helping improve quality of sleep.

### Remember:

Sleep is CRUCIAL to HEALING. If you are struggling to fall asleep or staying asleep, please let Dr. Nick know so that he can brainstorm with you to find solutions. As always be patience and give yourself time to heal because better health typically equates to better sleep!