



QUIZ #4 - Healthy Habits Part 2

Driving/Travel

1. When driving, stop at least every _____ hours for a quick movement break.
2. T / F All cars have adequate lumbar support.
3. T / F An elliptical ab mat is the best lumbar support, but a sweatshirt or towel will work.
4. T / F Put the lumbar support all the way down at the bottom of the seat.
5. T / F Your postural distortions will dictate what type of support is best for you.
6. Once you are in a good postural position, then set your _____ to that height.

Relaxing Safely

1. Couches & Low Back Pain are related because they typically put your knees higher than your hips _____ your low back.
2. When sitting support your _____ back with a throw pillow if possible.
3. T / F Sitting on the same side of the couch all the time is ideal.
4. Although not always socially acceptable, _____ on your side is the safest couch position.
5. Couches round our bodies into the shape of a giant letter _____, harming your spinal discs and _____ your spinal cord, diminishing the speed and power of your electrical communication system and lifespan.

Walking/Running

1. Due to impact and high repetition, _____ is considered the most injury causing and dangerous sport in America.
2. Chiropractic care is a _____ philosophy, meaning it works with and observes nature-based principles.
3. Animals do not make much _____ when they walk.
4. By walking or running quietly, you are forced to use more of your _____ and less of your _____ for shock absorption.
5. To visualize proper walking/running mechanics, imagine walking or running barefoot on:
a. grass b. water c. pavement d. dirt

Reading/Handheld Electronics

1. Relax by leaning back at your _____ joint and not by slouching or extending your _____.
2. Watch out for unilateral habits such as:
 - a. leaning on the armrest
 - b. sleeping on one side only
 - c. talking on the phone
 - d. standing only on one leg
 - e. all of the above
3. When texting or reading, do your best to use your _____ to look down and not your _____.
4. One of the best positions to read or use handheld electronics is lying on your _____.
5. Remember to take breaks from any position every _____ minutes.