



BODY MECHANICS FOR KIDS

WHO WE ARE , WHAT WE DO...

- **Our focus** is on educating teachers about the important role optimum postural alignment plays in the mental and physical well-being of each of us.
- **What** does it look and feel like, at rest and in action:
 - critical-thinking and problem-solving through kinesthetic feedback exercises.
- **How**, with movement preparation skills students can learn :
 - self-assessment techniques giving them the tools to select and modify activities to enhance their physical capacity and competence.
- **Why** mindfulness and balanced conditioning of the body is the best preventative care for long-term health and mobility:
 - avoiding unnecessary wear and tear of their bodies
 - prevent injuries and chronic pain

Middle School is the Best Time!

By middle school students recognize that their bodies are changing. Kids can feel a little lost in or disconnected from their bodies. Coordination and control are challenged, and so often their confidence.

This stage of life can also coincide for some, with an increase in skill level and intensity of their chosen physical discipline(s) or quite the opposite, with the computer generation.

Either way there is a need at this time to evaluate the habits (muscle memory) their bodies are taking on. This stage of life determines how kids prepare for the challenges of entering adulthood and its responsibilities, where sometimes their bodies can get neglected.

Teaching students about their bodies and structural support through proper core engagement and integrated breathing, and how to regularly evaluate their physical routine, can save them years of pain and therapy.

*We can take our bodies for granted up to a point.
Too many adults live in chronic pain and dis-ease.*