

article: https://drive.google.com/open?id=1vRQGM3yK-t5d-atbB49JpXWP4vOt_hyd

Questions:

- 1.- List the vocabulary you didn't know and find it translated
- 2.- One member of the group has to sit as usual and then as recommended in the article. The other members have to correct his position until it's perfect.
- 3.- Find someone at the classroom who had back problems similar to the ones explained.
- 4.- Which are the common problems chairs have?
- 5.- What does it mean to bend into a C-shape?
- 6.- Explain why you should "sit on the edge of a chair"
- 7.- Explain why you should "build a perch"
- 8.- Explain why you should "build out the back"