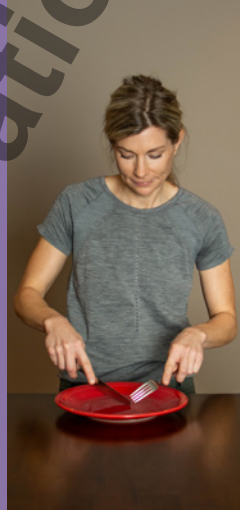


EATING

- ✓ Consider chewing and eating while you stand, especially if you are sitting a lot throughout the day. As outlined earlier in this guide, stand with more weight on your left leg, and shift your left leg behind your right. Your left shoulder will be slightly lower than your right.
- ✓ When eating with utensils, we recommend the European style etiquette. Hold the fork (with the tines pointing down) in the left hand and the knife in the right hand.
- ✓ Once a bite-sized piece of food has been cut, bring the fork to your mouth, rather than bringing your head and neck to the food.
- ✓ Alternate food chewing by slowly chewing the food bolus on one side of your mouth, and then the other side 3-4 times each, continue alternating as necessary before swallowing.
- ✓ Whenever possible, use a straw to drink.



For additional activities and recommendations, please visit www.posturalrestoration.com/pri-resources/pri-living

