

Be Well - UMA

Text Neck

Looking down at your phone all day can be a literal pain in the neck. Discover how your daily habits affect your posture and wellbeing.

You will need:

- A mobile phone or something to represent one
- An object that weighs 10lbs - eg, a large bag of potatoes

Did you know...

Looking down moves your head position forward. Every inch you hold your head forward, the effective weight your spine carries increases by ten pounds – about the weight of an adult cat! This can add pressure to the back of your neck as it forces the muscles to constantly contract and tighten to support your head's extra weight.

STAY SAFE!

Make sure you lift any weight properly, bending your knees and keeping your back straight. You should only try to lift it if you think you can.



Watch someone as they use their mobile phone, did their posture change? Is their neck bent down?

Have you ever been looking down at your phone for too long and felt a tightness or pain creeping up your back? Some people call this text neck.

How long do you think you could hold your object that weighs 10lbs?

How often do you stop and think about the things you're doing and how they're affecting your body? Sometimes we lose track of time, and you've been looking down at your screen for an hour. Try some of the exercises to reduce the effects of text neck.

Text neck exercises

Pigeon neck - pull your chin back so your head sits back between your shoulders. This aligns your head directly over your body, which relieves compression in your spine and strain in the neck muscles.

Nodding dog - sit upright with your head directly over your body. Nod your head up and down. Feel how much movement you have in the very top of your neck; don't nod too hard. Hold the bottom of the nod, creating a double chin. Hold for ten seconds and then slowly release.

Chest opening - sit or stand with your hands clasped behind your head. Open your elbows out to the side and squeeze your shoulders back. Feel a stretch in the back of your shoulders. To feel this stretch more deeply, bring your head and shoulders backward slightly to arch your upper middle back. Hold for ten seconds and then slowly release.

Rolls - slowly roll your neck from side to side, changing direction after ten seconds.

Do you have any other daily habits that affect your posture? Think of ways to reduce the stress of these on your body.

Skills for my future - Interest badge

Entrepreneur - Part 3

Finalise your business plan

Now it's time to find out how to create a business plan and make one for your idea. It needs to include:

- A name and logo for your idea
- What type of business it'll be, for example a social enterprise or limited company?
- What support you'll need and where you can find it
- How you'll attract customers
- How profit will be made (if any)
- Who your target audience is
- How you'll fund your idea

Use SWOT or SMART analysis to help you make decisions about what to include. Make it as visual as you can by using sticky notes, diagrams or flow charts. Business doesn't have to be boring if it's something that inspires you, so try to make your plans as inspirational as possible.

