

# Body Balance Quiz

## IS YOUR BODY TELLING YOU SOMETHING IMPORTANT?

Compare your answers to the following questions with the scale below to find out if your body is telling you it needs specialized attention.

### Kid's Body Balance Quiz

- Is one shoulder higher than the other?
  - Yes
  - No
- Does the waistband on pants sit straight or slope to the right or left?
  - Yes
  - No
- Do you lose your balance when you try to stand still with your feet even and together?
  - Yes
  - No
- Is it difficult to stand on one foot for 10 seconds?
  - Yes
  - No
- Is it difficult to touch your toes with your fingertips while you stand with your knees straight?
  - Yes
  - No
- Is it difficult to sit still in a chair for 10 minutes without squirming or jumping up?
  - Yes
  - No
- Do you have trouble sleeping?
  - Yes
  - No

- Do you sleep in awkward positions?
  - Yes
  - No
- While you lie on your back on the floor, can you fit your hand between the floor and the small of your back?
  - Yes
  - No
- Do your shoes wear out unevenly?
  - Yes
  - No
- When you run, do your ankles twist easily?
  - Yes
  - No
- Is it difficult to switch directions when you're running?
  - Yes
  - No
- Do you have difficulty kicking a ball with either foot while you run?
  - Yes
  - No
- Does one leg cross in front of the other when you walk slowly?
  - Yes
  - No
- Do you "toe in" when you walk slowly?
  - Yes
  - No
- Do you run with your shoulders pulled up toward your ears?
  - Yes
  - No
- Do you run in a falling forward angle?
  - Yes
  - No

**If you have answered Yes to...**

**...10 or more questions, you have a good awareness of your body but you do need to learn more about the clues your body is giving you. An appointment with a BioSynchronistics clinician would be helpful.**

**...5-9 questions, you have a positive sense of your body but you may need to gather more knowledge about it.**

**...fewer than 4 questions, Congratulations! Your awareness and body balance are good.**