

Day 4 Morning Speech Sharing

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Topic: Health of our backbone

Good morning, Principal, teachers and fellow students.

I am Shawn from F.2C. Today, I am going to talk about health of our backbone.

Do you know where your backbone is? More and more young people have neck and back pain nowadays because of wrong posture, especially when using smart phones!

Recently, a 7-year-old child suffers from neck problem since he has used smart phone for a long time. In another case, a 12-year-old girl has problems with her backbone! I can't imagine teenagers at this young age having these problems. I think they suffer from these problems because of their poor sitting and standing posture. I think they should pay attention to their posture when they use smartphones. Also, they should shorten the time of using these devices.

For me, I always put my hands on the table to hold my mobile when I am using it. Then, I do not need to bend my neck constantly. I sometimes use a phone-stand to hold the phone as well. By doing this, the strain on our muscles and joints can be reduced.

On the other hand, one possible reason for having backbone problems can be because of your mattress. A survey suggested that more than 50% of patients of backbone problems slept on unsuitable mattresses! The mattress may be too soft or too hard to support the backbone. So, tonight, you should go home and check your mattress. Maybe this can be the reason why you always feel strain on your body!

To protect ourselves from neck and backbone problems, we should sit up straight and don't be hunchbacked! Please beware that having a correct posture is very important for the development of our bodies! Hope all of you have a healthy backbone! Thank you!