



ESSENTIAL EXPERIENCE

Apply Healthful Habits in Your Daily Routine

ACTIVITY Daily Routine

Answer the following questions thoughtfully and honestly.

1. How many hours of sleep do you get nightly on average?

2. What kind of exercise you get daily/weekly, if any?

3. What methods do you use for relaxation, and how often do you relax?

4. What is your daily personal hygiene and grooming regimen, including the care of your hands and feet?

5. Think back over the past three days and report on your nutrition habits. What did you eat for breakfast, lunch, and dinner over that period of time?

6. Evaluate and list other lifestyle components such as the use of alcohol, tobacco, or drugs. Do they have a negative impact on your life?

As a result of this analysis, write a Plan of Action on the next page for improving your routines and habits to make the most of a healthy and balanced physical, mental, and emotional lifestyle.

Follow Image Building Basics

ACTIVITY 1 Dress for Success

Imagine yourself as the owner of a professional establishment. Write a detailed dress code that you would require all employees to follow.

Dress Code:

In the space below, explain the importance of adhering to this dress code.



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ACTIVITY 1 Observe Physical Presentation

Using the following questionnaire, observe two to three classmates for one week to determine if they are practicing proper posture and body movements. Create a log of your observations.

NO	YES	Was the neck elongated and balanced directly above the shoulders?
NO	YES	Was the upper body lifted so that the chest is out and up; not slouching?
NO	YES	Were the shoulders leveled and relaxed, not scrunched?
NO	YES	Was the person sitting with his or her back straight?
NO	YES	Is the person gripping or squeezing tools too tightly?
NO	YES	Is the person bending his or her wrist up or down repeatedly or contorting his or her wrist when using tools?
NO	YES	Is the person holding his or her arms away from the body as he or she works?
NO	YES	Are the person's elbows close to the body when cutting?
NO	YES	Is the person bending forward and/or twisting the body to get closer to client?

List the recommended solutions to the ergonomic challenges you observed.

ACTIVITY 2 Research Ergonomics

Using your smartphone or tablet, complete research on ergonomics for the hair stylist. Look for demonstrations on how to exercise to prevent symptoms from repetitive poor posture and ergonomics. Make copies of your findings to share with the class.