

Sad Dog, Happy Dog sounds the alarm on the worsening skeletal collapse facing each successive techno generation. Structural collapse stands alongside obesity as a serious threat to the long-term health of children growing up today. Movement educator and researcher Kathleen Porter illustrates how the seeds for structural collapse are often planted in the youngest bodies through the use of certain types of strollers, car seats, and other sitting devices that repeatedly place the pelvis in a sad dog position. Many hours spent sitting in front of TV and computer screens and in school desk chairs that reinforce tucking disrupt a child's ability to rely on naturally aligned bones for relaxed, easy upright support. This book provides a detailed road map for parents, teachers, health professionals, and fitness trainers to guide children—and themselves—back to natural, healthy posture.

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