

Straighten up

Practice good posture for optimal health



How to sit

- ✓ Keep your feet flat on the floor or on a footrest.
- ✓ Bend your knees at a right angle, and keep them at or slightly above your hips.
- ✓ Try to keep your neck and back as straight as possible.
- ✓ Avoid sitting in the same position for long periods of time. Get up at least once every 30 minutes.



How to stand

- ✓ Pull your shoulders back and avoid hunching over.
- ✓ Don't lean your head forward, backward or to the side.
- ✓ Keep your earlobes in line with your shoulders.
- ✓ Shift your weight from one foot to the other if you must stand for a long time.

Straighten up. Stretch out. And stay strong.
Correct your posture to protect yourself and your health.

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