

Posture

Posture is the way you hold your body while standing, sitting, or performing tasks like lifting, bending, or reaching.

Good posture means that your body is aligned and balanced in a way that reduces stress on your muscles, joints, and ligaments.

Poor posture can lead to fatigue, pain, injury, and other health problems.

Standing

Keep your head level and your chin parallel to the floor

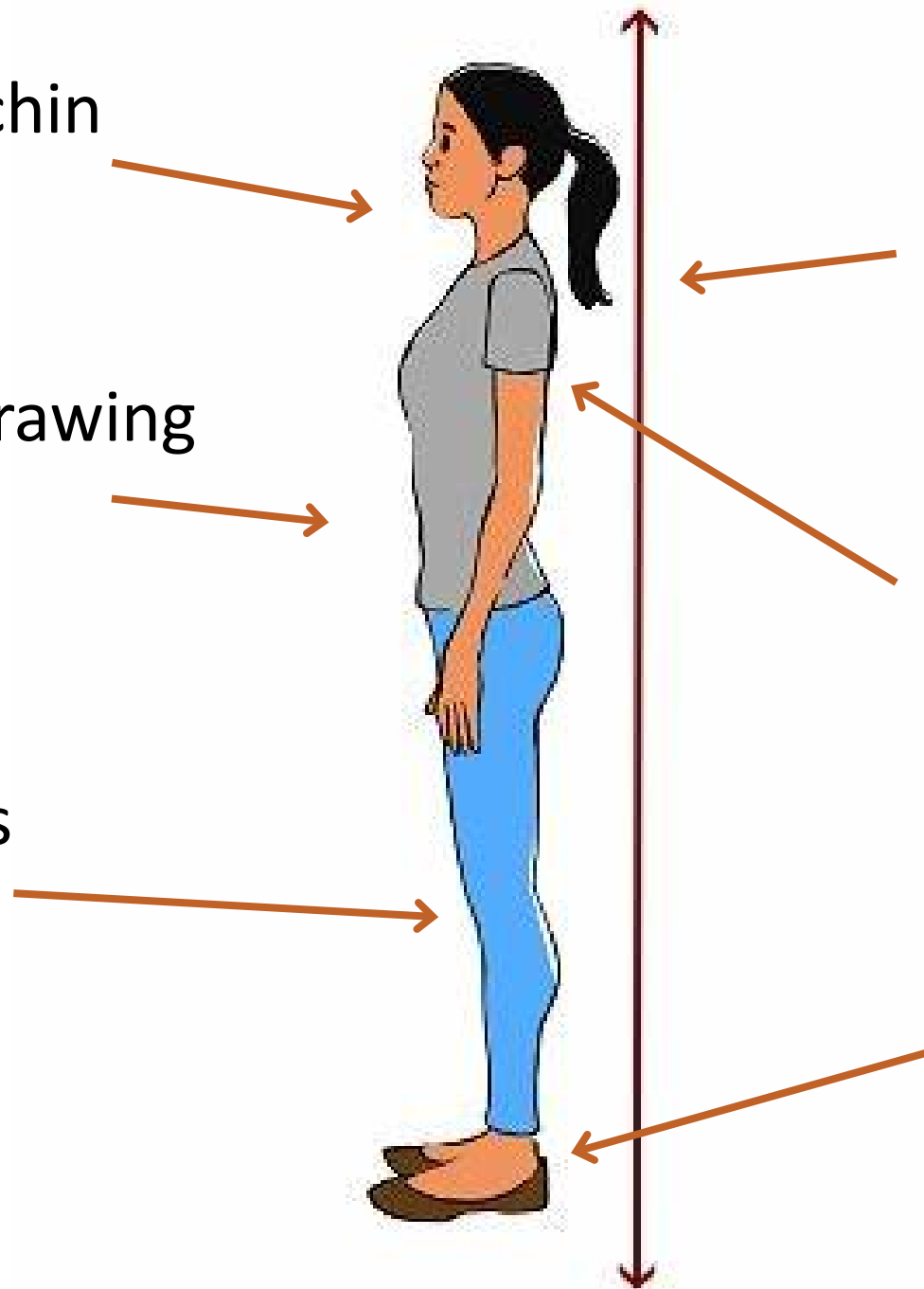
Engage your core muscles by drawing your belly button inward.

Avoid locking your knees or hips and keep them slightly bent

Align your ears, shoulders, hips, and ankles in a straight line.

Lift your chest and pull your shoulders back and down

Keep your feet shoulder-width apart and distribute your weight evenly on both feet.



Sitting

Align your ears, shoulders, and hips in a vertical line

Choose a chair that supports your lower back and allows you to adjust the height, backrest, and armrests

Maintain a small gap between the back of your knees and the edge of your seat

Avoid slouching, hunching, or leaning forward.

Relax your shoulders and keep your elbows close to your sides

Sit with your feet flat on the floor or on a footrest and keep your knees and hips at 90-degree angles



If sitting or standing for long periods of time, take frequent breaks to watch, stretch, and change your position.