

Posture

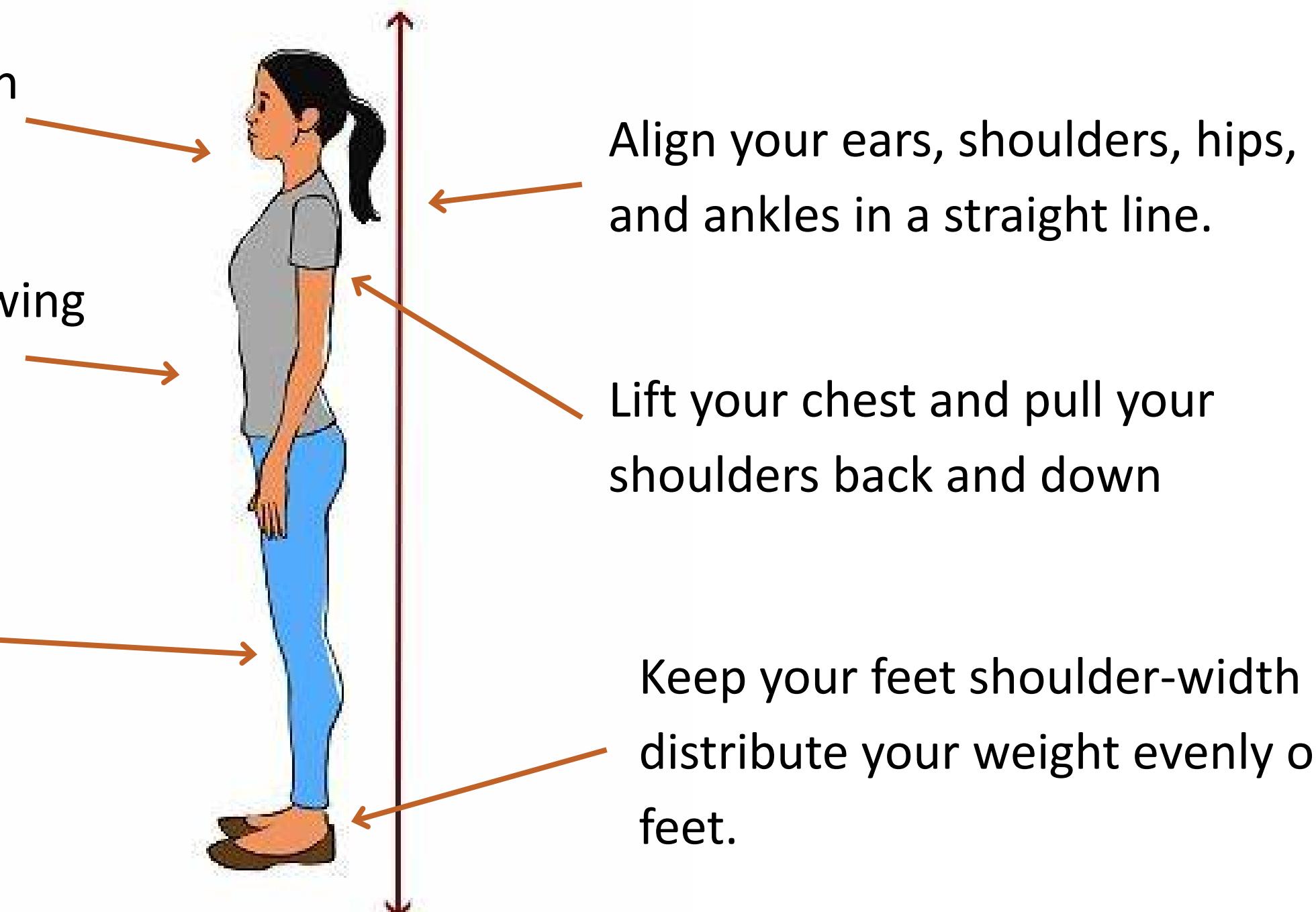
Posture is the way you hold your body while standing, sitting, or performing tasks like lifting, bending, or reaching.

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



Sitting

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



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