

THE ULTIMATE POSTURE CHECKLIST



PROPER SEATED POSTURE

- Sit up tall
- Keep your eyes parallel with the ground
- Retract your chin so your ears are aligned over your shoulders
- Pull your shoulders back
- Engage your core musculature
- Straighten your spine
- Position your hips under your shoulders and your ankles under your knees
- Sit with both feet on the ground and your feet pointed forward



STAND WITH CONFIDENCE

- Stand up tall
- Keep your eyes parallel with the ground
- Retract your chin so your ears are aligned over your shoulders
- Pull your shoulders back
- Engage your core musculature
- Straighten your spine
- Distribute your weight evenly over both legs
- Both feet pointed forward

EASY ERGONOMIC SOLUTIONS

- Place your most commonly used items within an arm's reach away
- Get a stand capable desk to stand while working
- Remove rough edges or uneven surfaces
- Work at proper heights
- Utilize proper lifting techniques by keeping your back straight and bending your knees



TAKE FREQUENT POSTURE BREAKS

- Take Anti-Gravity Posture Breaks for 30 seconds every hour
- Bring your arms out to the sides
- Press your chest forward
- Drop your head back
- Sit up straight
- Take deep breaths

SLEEP POSTURE HYGIENE

- Sleep on your back or your side
- Maintain a neutral spinal posture
- Place a small pillow between your legs while laying on your side to keep your hips level



PROPER TECH POSTURE

- Raise your computer monitor to eyelevel while working
- Raise your cell phone up to eyelevel while browsing
- Keep your head straight while talking on the phone, plug in your headphones to walk and talk



YEARLY POSTURE EVALUATIONS

- Have a yearly posture analysis performed with Posture Imaging