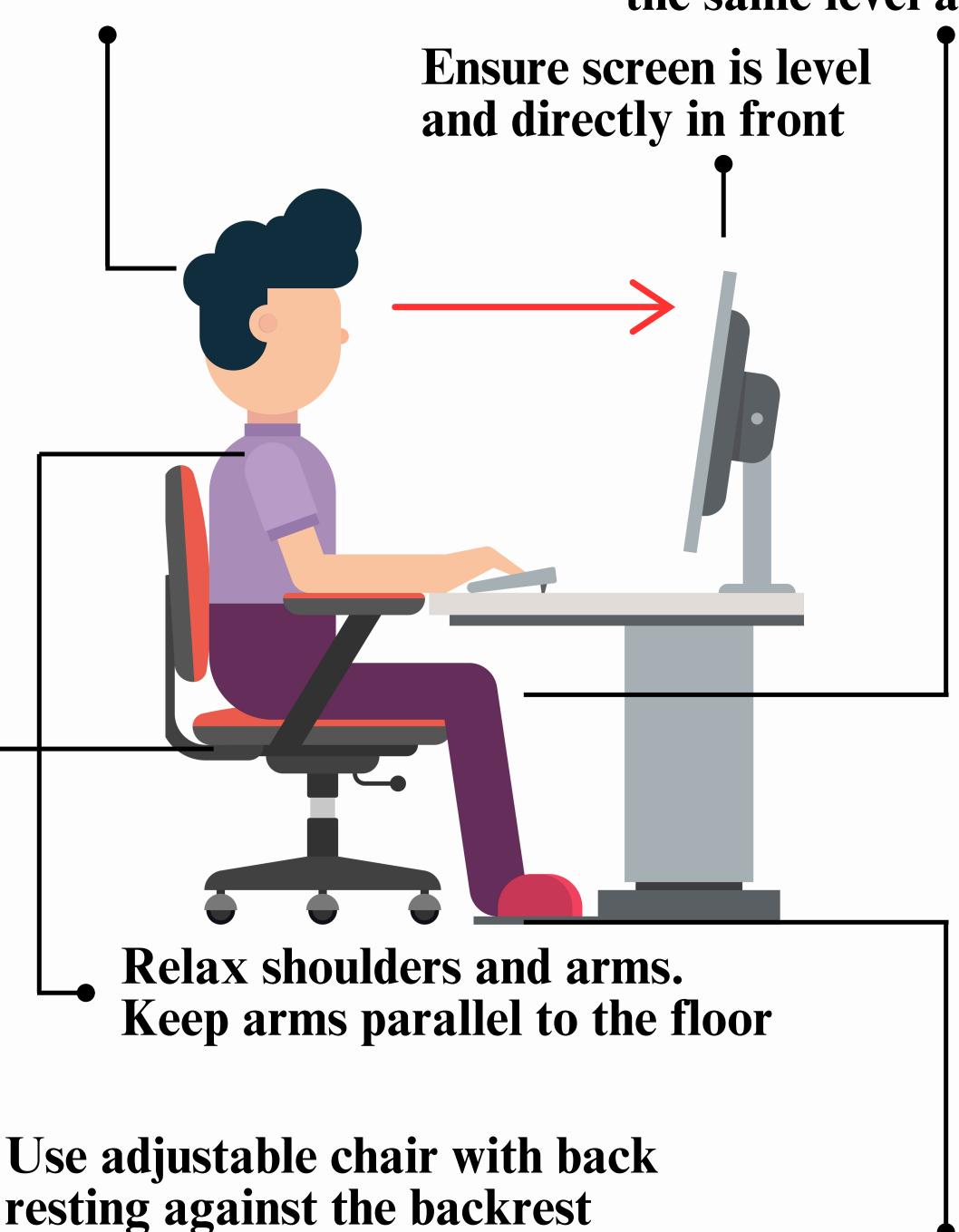
Correct Sitting Posture

To reduce pain and aches, follow these tips:

Look straight ahead, don't bend neck for long periods of time

Keep your knees at the same level as hips



Keep your feet flat on the floor or slightly under your chair

Desk Work Is Unavoidable – Change Habits To Prevent Pain!



