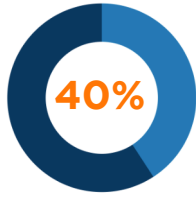
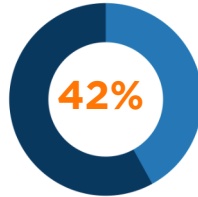


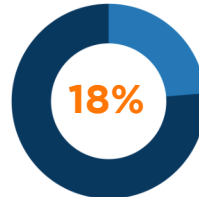
THE SITTING EPIDEMIC



ADULTS WHO WORK
A 40 HOUR WEEK



ADULTS WHO WORK
A 50+ HOUR WEEK



ADULTS WHO WORK
A 60+ HOUR WEEK

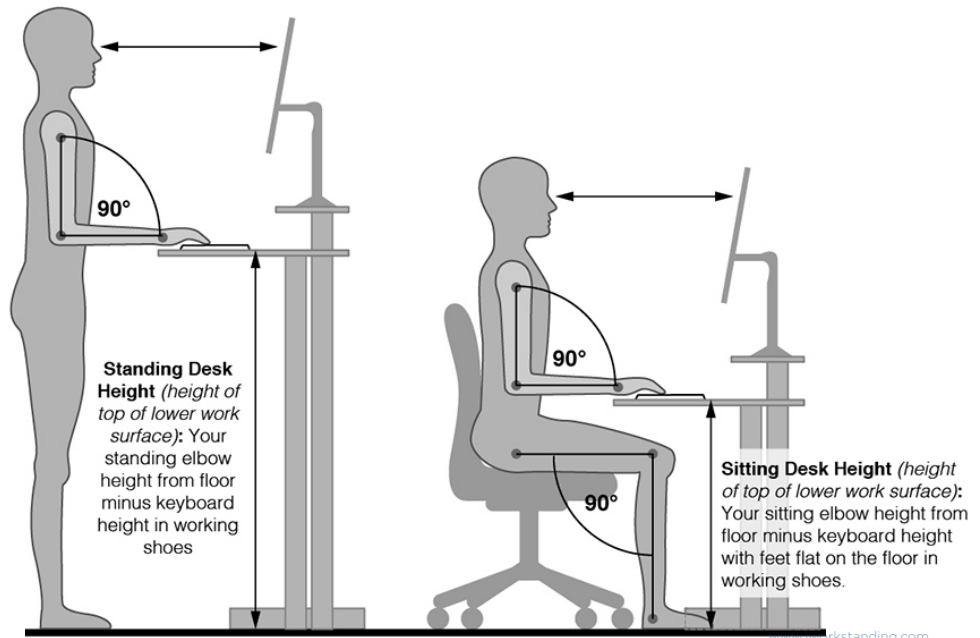


AVG HOURS SPENT
SITTING PER DAY

Reduce your risk for overuse injuries! Start by taking inventory of your daily tasks and habits. Limit the amount of reaching and twisting needed to complete these go-to moves. Be vigilant about your posture. Make sitting or standing active whenever you can- find a neutral spine and lightly brace your core to support your upper body. Notice how you distribute your weight, avoiding resting for long periods of time on one side.

SET UP YOUR DESK

- 20-28" away from the screen
- Monitor elevated to eye level
- 90-100° of elbow flexion
- 10-20° of screen tilt
- Shoulders relaxed
- Thighs parallel to the ground
- Feet can rest comfortably on the ground
- Use an accessory mouse and keyboard with a laptop



BREAK IT UP

Set a reminder, and try to take breaks every hour. Stand up, refill your water, or change positions. Allow your eyes the same rest, looking away from your screen at least every 20 minutes.

Add some light stretches and range of motion exercises to your morning and afternoon.

Adapt based on your anticipated work volume. Take phone calls while walking or pacing, and plan movement before long meetings or online trainings.

UPGRADE YOUR SPACE

Portable laptop stands are a quick-fix. Choose one that fits your habits.

Adjustable standing desks allow you the flexibility to adapt throughout the day. Choose one that allows you the right amount of surface space.

The right chair can make a big difference. Choose one that provides lumbar support, and offers multiple points of adjustment for a custom fit.

For the most up-to-date recommendations on specific products, visit our website!

CONNECT WITH OUR TEAM FOR INDIVIDUALIZED ASSESSMENTS
AND RECOMMENDATIONS.