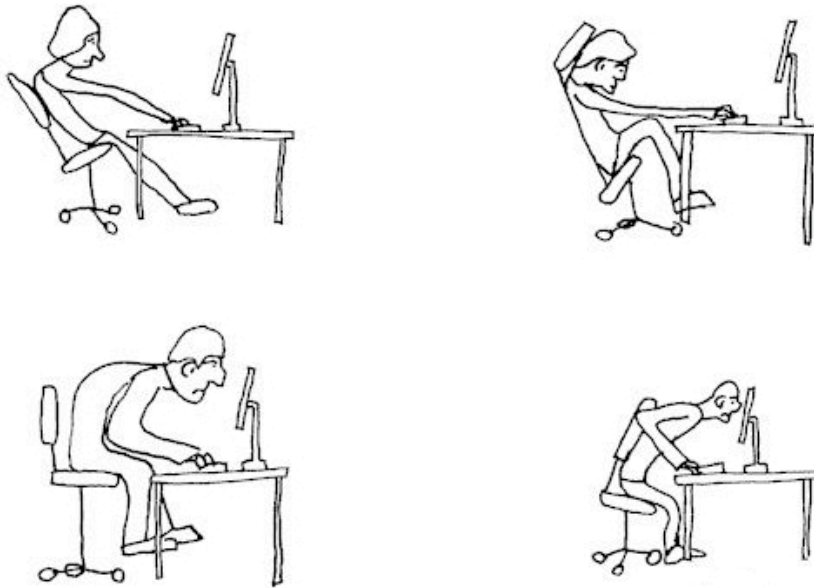

UNHEALTHY SITTING POSTURES AT THE COMPUTER

The illustration below shows some of the all too common poor sitting postures adopted when using a computer.



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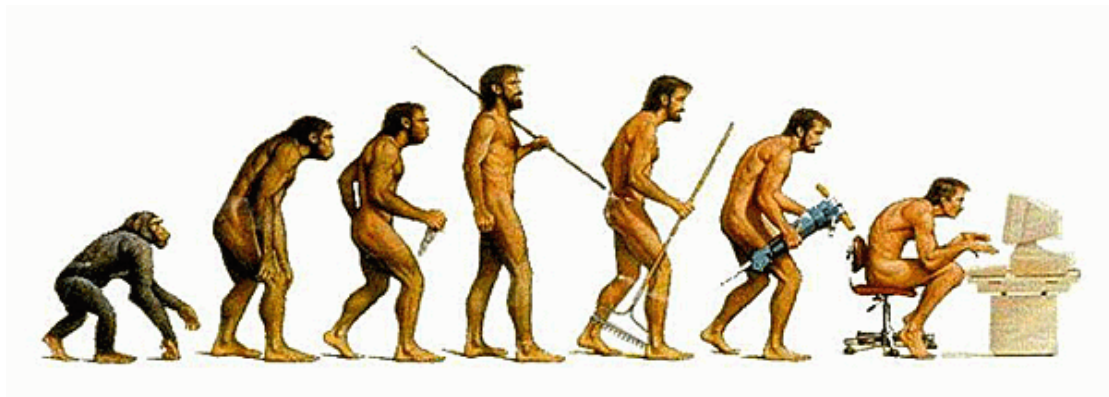
During this workstation assessment, you will be educated on what is good sitting posture. Breaking an unhealthy habit, like smoking or poor sitting posture, is understandably a challenge and you will be educated on how the benefit of adopting a healthy sitting posture completely outweighs the relatively minimal effort required on your part (setting up the chair correctly, using the rocking mode if present, magnifying the screen image, using your document holder correctly, having your keyboard and mouse within easy reach etc.) You will reap the reward in the long run.

Lifestyle factors also contribute to your overall musculoskeletal health and sitting posture. Trying to maintain your fitness, strength and flexibility will help you achieve and maintain a good sitting posture and reduce the risk of musculoskeletal aches and pains.

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