

Sitting

"Choose a chair that is firm enough to support you comfortably, and don't slouch!"

"Sit with your feet flat on the floor or on a low footstool so that your knees are slightly higher than your hips. Sit firmly against the back of the chair."

"La-z-boy chairs don't bend where you do; choose a rocker instead."

"Avoid crossing your legs at the knees, which can aggravate existing back conditions and interfere with circulation to your lower limbs."

