



Working at a Desk

"Take frequent stretch breaks if you have to sit for a long time.

"Sit with your knees at a 90-120-degree angle. An angled footrest may help you feel more comfortable.

"Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees.

"Choose a chair that tilts back so you can rest while you're reading what is on your computer screen.

"Elevate materials or your computer screen to avoid neck fatigue.