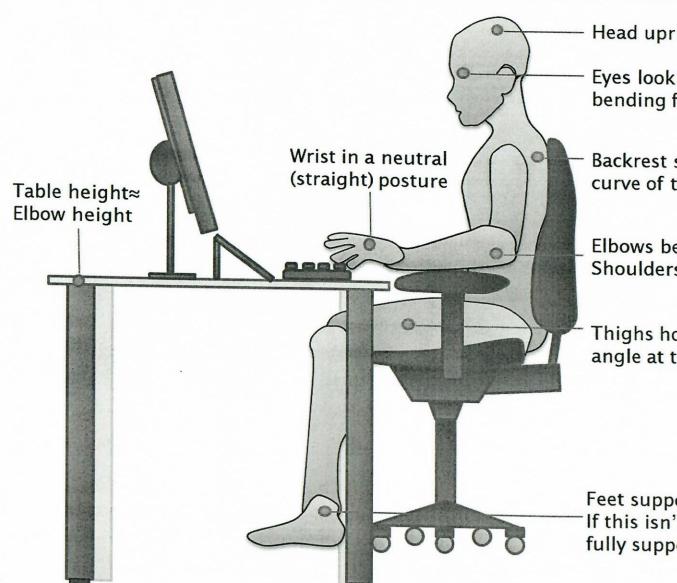
WHAT IS GOOD POSTURE?





Head upright and over your shoulders

Eyes looking slight downward without bending from the neck

Backrest should support the natural curve of the lower back

Elbows bent at 90°, forearms horizontal Shoulders should be relaxed, not raised

Thighs horizontal with a 90°-110° angle at the hip

Feet supported and flat on the floor If this isn't possible, then feet should be fully supported by a foot rest