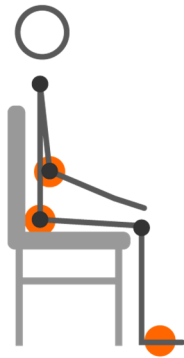


## NHS Sitting Guide



Sitting in the wrong position may cause or aggravate back pain. Try to follow these simple tips to combat poor sitting habits:

- Sit up with your back straight, shoulders down and back relaxed, with your elbows at your sides. Your buttocks should touch the back of your chair.
- Avoid crossing your legs.
- Your feet should be firmly on the floor but use a footrest if it's more comfortable.
- Your thighs should be at right angles to your body or sloping slightly down.
- Rest your elbows and arms on your chair's armrests or desk, keeping your shoulders relaxed.
- When sitting in a chair that rolls and pivots, don't twist at the waist while sitting: turn your whole body instead.
- Don't sit in one position for long stretches of time. Get up and move around regularly.