

“Stand Up 4 Your Health”

Evaluate your: Home and Office Space

- Desk Height
- Keyboard Height/Angle
- Monitor Height/Angle
- Chair Height/Seating Position
- Lighting

Posture:

- Standing (5-points Alignment)
- Seated Posture (Sit Forward on seat)

Work Time:

- Split Sitting and Standing Time
 - 4 sitting
 - 4 standing
 - Use Micobreaks to move muscles

Standing Desks:

- Manual
- Electric
- DIY

Chairs:

- Kneeling
- Exercise ball
- SitFit Cushion

Risers:

- Full Desk
- Monitor/Laptop