Correct Sitting Position

Do's and Don'ts

Remember the ABC for VDU users

Advice and exercises for VDU users

Are you keying comfortably?
EXERCISES

1. NECK STRETCH

2. SHOULDER ROLL

3. ARM STRETCH 1

4. ARM STRETCH 2

5. WATER'S TIP

6. WATER'S TIP

7. SIDE TWIST

8. EXECUTIVE STRETCH

9. GET UP AND WALK

About

Your fingers a few seconds then relax your knees as possible. Hold for about 5 seconds face down.

Your fingers weirdos the hands as you spread your fingers os.

Keep your arm close to your body.

First. Make a fist. Your fingers and palm of your left hand.

Touch your shoulders and your arm's stretch. Straighten your shoulders and your left arm's stretch.

Touch your shoulders and your arm's stretch. Straighten your shoulders and your left arm's stretch.

The right is not tense or crunchy. Be sure to use your left hand.

Try 10-30 exercises at least once in every hour of continuous VDU work. Breathing for 5-10 minutes. Try to do exercise number 1