

# Auto-Ness Guide to Dynamic Posture

Sit Smart, Move More, Feel Great!



90 DEGREES IS THE MINIMUM ANGLE THAT YOU SHOULD BE KEEPING AT YOUR KNEES, HIPS AND ELBOWS.

# QUICK "DO'S AND DON'TS" FOR SITTING

Do	Don't	Reason Why
Maintain a Natural 'S' Curve in Your Spine	Slump in Your Chair	A natural 'S' curve provides optimal spinal alignment and reduces back stress.
Keep Your Hips Level With or Above Your Knees	Sit Too Low in Your Chair	Aligning your hips with your knees minimizes stress on the lower back.
Keep Shoulders Relaxed and Aligned	Sit Unevenly for More Than 1 Hour	Relaxed and aligned shoulders reduce tension and the risk of developing shoulder or neck pain.
Position Your Forearms Horizontally	Hunch Your Shoulders	Having your forearms horizontal minimizes the risk of wrist and arm strain when typing or doing desk work.
Keep Feet Flat on the Floor	Sit With Your Heels Elevated	Flat feet provide a stable base and aid in maintaining an upright posture.

**Final Tip: Stay Dynamic! No posture is bad, just don't overdo it. Multiple short breaks beat a single long one. Occasional slumping is okay; 40 hours a week isn't.**