Practice good posture for optimal health

**How to sit**

- Keep your feet flat on the floor or on a footrest.
- Bend your knees at a right angle, and keep them at or slightly above your hips.
- Try to keep your neck and back as straight as possible.
- Avoid sitting in the same position for long periods of time. Get up at least once every 30 minutes.

**How to stand**

- Pull your shoulders back and avoid hunching over.
- Don’t lean your head forward, backward or to the side.
- Keep your earlobes in line with your shoulders.
- Shift your weight from one foot to the other if you must stand for a long time.

Straighten up. Stretch out. And stay strong.
Correct your posture to protect yourself and your health.

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