



Best Practices

To Maintain

A Good Posture



Engage in regular physical activity to strengthen your muscles.



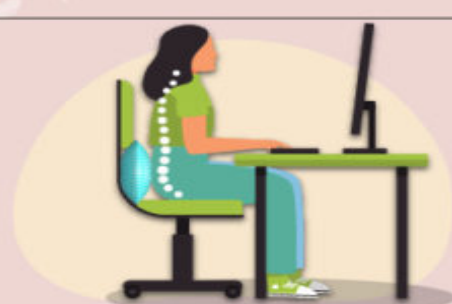
Perform stretching exercises to enhance muscle flexibility.

Strengthen your abdominal muscles for better lower back support.



Avoid sitting for too long on extremely soft and low sofas.

Switch your regular chair with an ergonomic one for office work.



Maintain a straight back and provide support to your lower back when seated.

Ensure to keep the hips and knees at the same level when seated.



Take regular breaks to change your posture when working on the desktop.

References:

1. Posture; State of Victoria
2. How to improve your posture; Healthdirect Australia