

Three Posture Mistakes You're Probably Making!

How Can You Fix Them?

Have you ever wondered why after prolonged sitting with an arched/hunched back it begins to hurt?

Arching your back deliberately can be damaging in the long run by insufficiently lengthening the muscles that support your spine. Instead, sit up with your back straight!



Although comfortable, it's not good to sit cross-legged for an extended amount of time.

It can lead to muscular imbalances of the hips and the low back. Instead, allow both feet to be flat on the floor!



The proper laptop or monitor height and angle allow you to effortlessly view the screen without having to bend or rotate your neck.

When the neck is being pressed to support the weight of the head, bending down to see the laptop can result in neck issues. Instead, adjust your monitor to be at eye-level!

