

The Ultimate Posture Checklist

- ✓ Feet flat on the floor
- ✓ Knees at 90° (not tucked or crossed)
- ✓ Hips pushed to the back of chair
- ✓ Lower back supported (use lumbar support if needed)
- ✓ Spine upright and aligned (ears over shoulders)
- ✓ Screen at eye level, arm's length away
- ✓ Wrist in neutral position while typing
- ✓ Elbows close to body, bent at 90°
- ✓ Take a deep breath. Relax and reset