

SMART HEALTH SCHOOL PROGRAM

How are you sitting?



Are you:

- Slumping in your chair?
- Is your buttock sitting in the back of the chair?
- Are you leaning forward with your forearms too far forward on the desk?
- Is your keyboard too far away from your body?
- Is your mouse too far away from your body?
- Is your computer screen too high or too low?
- Do you need a footrest?

Take the time to correct your position now



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For more information about the Smart Health School Program go to www.smarthealthtraining.com.au