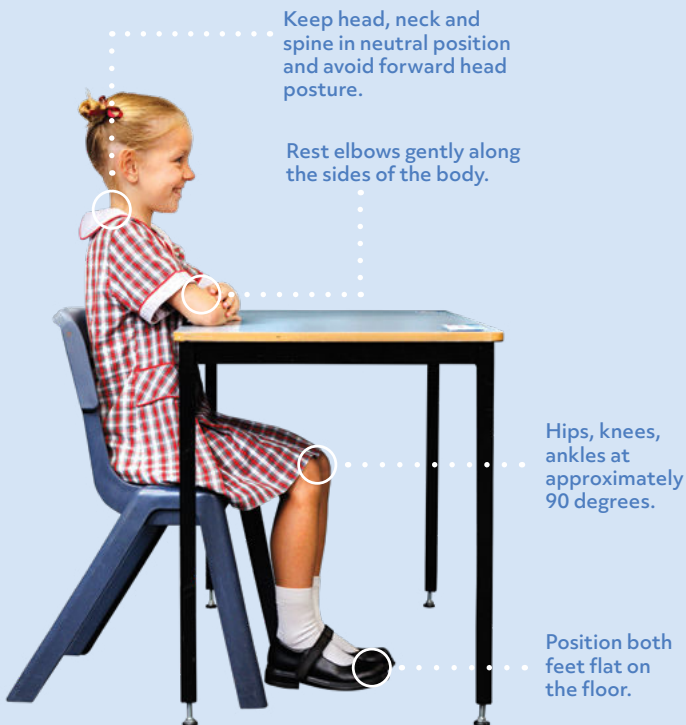


# \* Back to \* School

# Sitting Correctly



## Quick Tips



Tuck in your chair close to the table so that your tummy is almost touching the table.

Sit in a tall, comfortable, and upright position at your desk.

Position screens at eye-level to reduce neck, shoulder and eye strain.

Take regular movement breaks every 30mins to reduce stress on the body.

For more information, talk to your local ACA chiropractor or visit [backtoschool.org.au](http://backtoschool.org.au)

