Minute Posture Moment

Good posture is about more than standing up straight. Maintaining proper posture can prevent pain, injuries, and other health problems. Whether you work at a desk or you’re on your feet for hours, here are a few quick tips for improving your posture:

1. **Start Stretching** - Gently stretch your muscles throughout the day to relieve tension.

2. **Hit the Floor** - While in your chair, make sure your feet touch the floor so that your hips and feet create a 90 degree angle.

3. **Stay Relaxed** - Relax your shoulders, make sure they are not rounded or pulled backwards.

4. **Get Support** - Use a back pillow to support your lower back’s curve. This will help you sit straight.

5. **Keep Moving** - Take quick walks around the office when you can. If you don’t need a computer for a meeting, walk and talk with your co-worker.
### 2018 April Ergonomics

**Three ways I can focus on my health this month:**

1. **2**
   - Write your three health goals for the month below.
   - [Start with this healthy recipe.](#)

2. **8**
   - Add different toppings to your salad to create exciting meals.
   - [Learn more here.](#)

3. **15**
   - Leave your desk a few times during the work day to stretch your muscles.
   - [Learn more here.](#)

4. **22**
   - Add brisk walking into your daily activities to help lift your mood.
   - [Learn more here.](#)

5. **29**
   - Adjust your desk chair so that your feet rest flat on the floor.

6. **6**
   - Make sure that you have good posture while sitting in front of your computer.

7. **13**
   - Add steps to your day by enjoying the outdoor scenery.

8. **20**
   - Are you meeting your health goals this month? Check them below.

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**SUN** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT**
---|---|---|---|---|---|---
1 | 2 | Write your three health goals for the month below. | 4 | 5 | Make sure that you have good posture while sitting in front of your computer. | 7 | 8 | Add different toppings to your salad to create exciting meals. | 9 | 10 | Leave your desk a few times during the work day to stretch your muscles. | 11 | 12 | Add steps to your day by enjoying the outdoor scenery. | 13 | 14 | 15 | 16 | 17 | Leave your desk a few times during the work day to stretch your muscles. | 18 | 19 | 20 | 21 | Adjust your desk chair so that your feet rest flat on the floor. | 22 | 23 | Add brisk walking into your daily activities to help lift your mood. | 24 | 25 | 26 | 27 | Are you meeting your health goals this month? Check them below. | 28 | 29 | 30 | 31 | Three ways I can focus on my health this month:

1.  
2.  
3.