

Does this look familiar?

Checking in with your posture can be easily forgotten, but seemingly innocent positions can cause lasting problems for your neck, back and wrists.



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Although I'm sure many of us can relate to this prawn a little too often, the spine is forced into an unnatural position when we're hunched over.

Jon Booker, Westfield Health

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The posture checklist

Be more like a meerkat by ticking the boxes on perfect posture:

- The monitor is at eye level
- Elbows are close to your body
- Straight, supported back
- Feet flat on the ground or foot rest (but our meerkat can't help that)

1 in 6

people in the UK
suffer from back
pain

