

Posture support Aligning with wellbeing

Seemingly innocent positions can have long-lasting problems for your neck, back and wrists.



Healthy tips for maintaining good posture during the work day



Make sure you have the right office equipment

Having an ergonomic desk set up like adjustable chair and desk heights can help ensure your feet fall flat on the ground and your monitor is at eye-level.



Take regular breaks

Research shows that regular, short breaks mitigates the negative effects of prolonged sitting. This stretches your body, allows for a stretch and relieves your eyes from prolonged strain.



Check in with how you feel

Do you have any strain in your back, neck or wrists? This is a sign you could have fallen back into bad posture habits or you need to readjust your desk setup.



Try posture exercises

Posture exercises have huge benefits to your overall wellbeing, such as reduced wear and tear on muscles, improved spine health and improved balance.