

# Posture is Important



## Will's Bad Posture

Posture is the positioning of the different body parts relative to one another.

Check out Will – he has bad posture and could soon have back and neck aches if he sits this way for a long time.

## Will's Good Posture

Be aware of how you sit while working on a computer or studying.

Check out Will here – he's able to sit more comfortably for longer. No more aches and pains or sore neck for Will!

- Eyes are looking slightly down
- Screen is an arms-length away
- Upper legs are horizontal to the floor
- Forearms are also horizontal
- Feet are flat on the floor or on a footrest



