



# Dexercise®

**1 Head & Neck Posture**  
Neck supported over top of shoulders, chin back. Do not cradle phone between head and shoulder!

**2 Shoulder Posture**  
Shoulders relaxed, in line with spine, not hunched forward.

**3 Back Posture**  
Keep your spinal column straight, resting on top of hips.

**4 Torso**  
Weight distributed evenly over both hips.

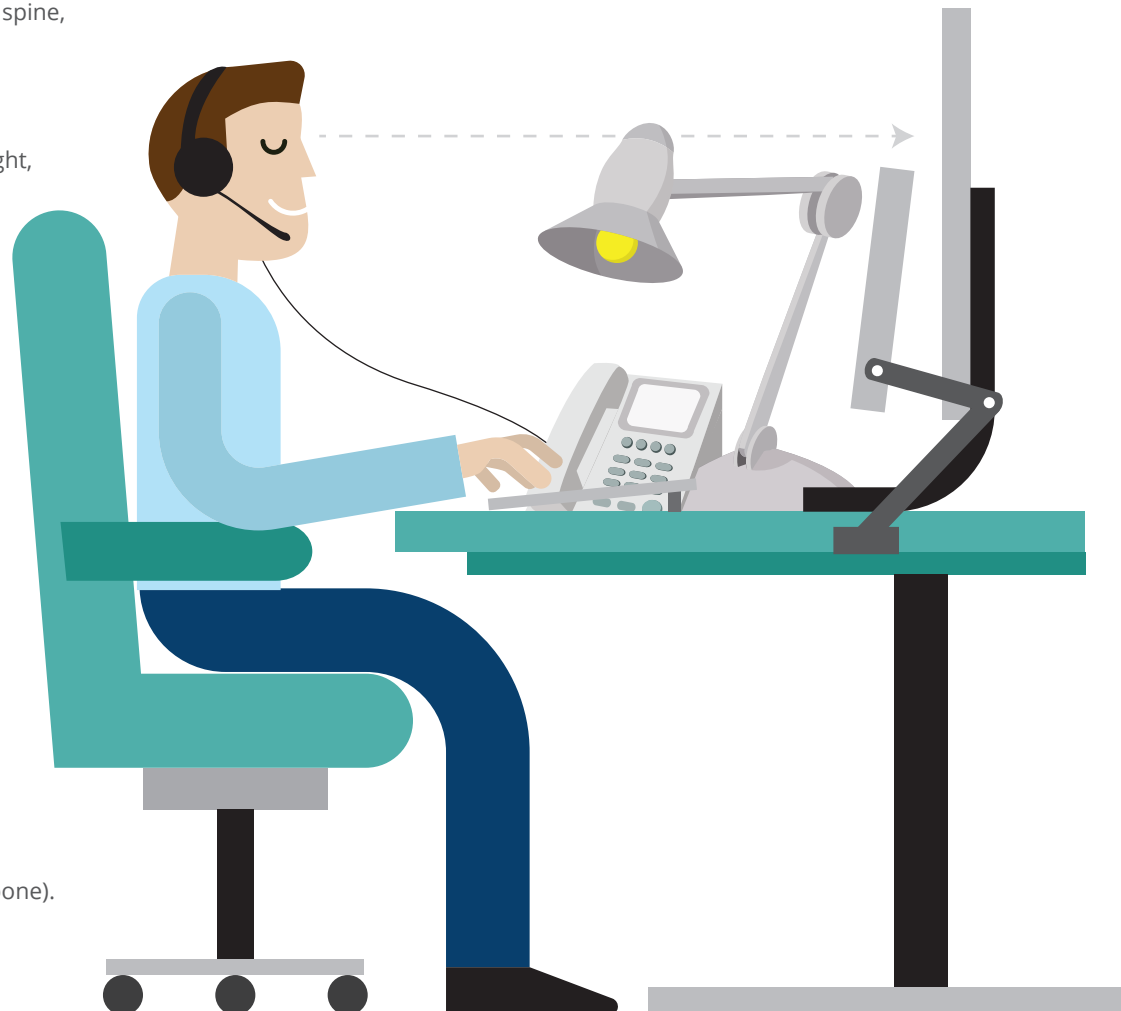
**5 Chair Arms**  
Arms bent 90°. Rest lower arms on chair next to your body.

**6 Lumbar Support**  
Lower back & top buttocks touching chair back.

**7 Strengthen Abs to Support Your Back**  
Pull your navel in gently and Lower Abs towards the back (between hips, navel & pubic bone).

**8 Chair**  
Adjustable, have knees even with hips. Feet flat on floor.

**9 Computer Height**  
Top 1/3 of computer screen at eye level.



**10 Document Holder**  
Next to the monitor, same height.

**11 Keyboard**  
Same height as elbow, with wrists bent slightly.

**12 Mouse**  
Next to keyboard, at same height.

**13 Desk**  
An adjustable desk is ideal, to stand and sit.

**14 Lamp**  
Adjustable, over top of document holder.

**15 Sitting KILLS**  
Take 2 Minute Exercise Breaks Every 30 Minutes!  
For Your Body, Heart and Soul

