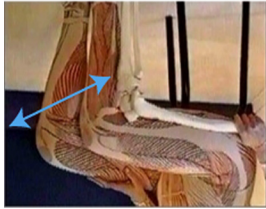




**Part of Ergo Basics**  
Sit on sit bones  
& use a lumbar support



**Ergo Basics**  
(Avoid sitting on tail bone, causes poor posture in spine, shoulders, elbows & wrists)



**Knees side to side**  
Check head turn gently to each side; move knees side to side & check head turn (Improves rotation of whole spine)



**Back**  
Round back forward, then arch (Improves flexibility and sitting posture)



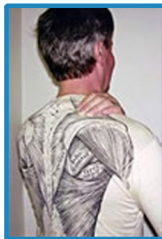
**Nutrition Tip**  
Divide plate in half. Bottom half vegetables and 1 fruit. Top half, 1/4 lean protein 1/4 complex carbs (easy balanced diet)



**Legs**  
Raise heels, toes. Press each foot down (strengthens muscles and improves walk)

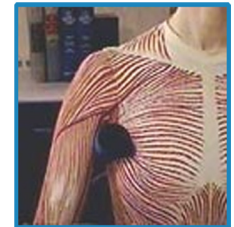
## Shoulders

Squeeze gently & circle (releases tension)



## Neck

Hang arm over mouse pad (Eases neck and shoulder tension)



## Eyes

Look at all numbers on the clock (Relieves eye strain)



## Wrists

Roll ball (Relaxes hands wrists and shoulders)



## Balance

Stand on alternate legs for 5 -10 sec (strengthen hips/balance)



## Sitting on ball

Raise alternate heels, toes, and make small circles with pelvis (core strength)

