

How to Sit Like a Pro

1. Learn what adjustments your chair has.

- If you don't know, ask. Common adjustable features are seat height, back height, seat pan depth, recline, and armrest height.
- Look up the manual for your chair model on the internet.
- Look at the levers. Manufacturers try and make things easy to understand, but sometimes you can't see this while sitting in the chair.

2. Adjust the chair to fit you.

- Don't be afraid to adjust your chair.
- Make adjusting your chair one of the first things you do at the beginning of your shift to be comfortable.

3. Move!

- Don't stay in one position for too long. Occasionally, adjust your chair to recline or sit in forward tilt.
- If you can, alternate between sitting and standing. Not sure what works best? Start out sitting 20 minutes, standing 8 minutes, and moving 2 minutes.

4. Reset.

- If you keep your wallet in your back pocket, move it to a front pocket instead. Your back and hips will thank you.
- Stretching and microbreaks can help reduce muscle fatigue, increase circulation, and make you feel better.
- Remember to check in with your body and see how you feel throughout the day.

