

How to Stand Like a Pro

1. Transfer your weight.

- Shift weight from one leg to the other to remove stress from your back and increase circulation in your legs. This can be done with your feet side-by-side or staggered.
- Elevating one foot slightly (like on a footrest) helps relieve pressure on your low back.
- Keep a soft bend in your knees while standing.

2. Move!

- Don't stay in one position for too long.
- If you're standing all day, an anti-fatigue mat may help. If you can sit and stand throughout the day, an anti-fatigue mat isn't necessary.
- 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.
- Don't forget to activate your core throughout the day.

3. Reset.

- Stretching 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.

