

How does your posture measure up?

Australian workers spend approximately 70% of their day in sedentary activity. Poor sitting and standing postures such as slouching and leaning forward at the neck puts the body out of alignment, adding additional stress on your body, which can lead to pain and discomfort.

Check your posture regularly while at work. Try checking and amending your posture each time the phone rings or an email arrives in your inbox!

