



# Healthy SPINE HEALTHY MIND Postural Guide

GET BACK TO FEELING GOOD



**SIT WITH COMFORTABLY UPRIGHT POSTURE** with shoulders relaxed and feet flat on the floor.



**STOP BENDING** your neck to look down at a phone or tablet. Hold the device at eye level.



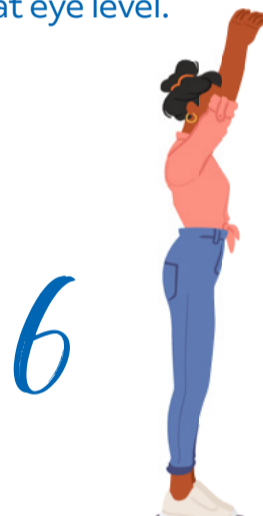
**LIMIT THE TIME** spent using a phone to 2 hours per day, especially during leisure time.



**USE BOTH HANDS** or alternate between left and right when typing on a smart phone.



**DON'T WALK LOOKING DOWN** at a phone. Hold your head up straight and engage with the world.



**TAKE REGULAR MOVEMENT BREAKS** every 10 minutes if using mobile devices and every 30 minutes if using computers.



**ENSURE COMPUTERS** are ergonomically set up correctly so the monitor is at eye level.



**USE AN ADJUSTABLE** ergonomic office chair so the knees are slightly lower than the hips.



**EXERCISE REGULARLY** to maintain a healthy spine and overall health and wellbeing.



**CONSULT AN ACA CHIROPRACTOR** to limit and treat spinal health problems including back pain.

ADJUST YOUR THINKING.

[spinalhealth.org.au](http://spinalhealth.org.au) 🔍