

POSTURE PERFECT

Creating better posture habits can increase satisfaction and energy while also improving your work performance and health.

Heads Up:

- Every 20 minutes, look 20 feet away for 20 seconds.
- Keep the weight of your head above your neck.
- Don't slouch! Keep your shoulders back.
- Uncross your legs.
- Scoot back!
- Keep your feet flat on the ground.

Tip: Surround yourself with the color green. Green adds a calming feel to your space, inspires creativity, encourages mental clarity and is the least strenuous color on the eye.

