

## Good posture



If you work at a desk, avoid **slouching**, and don't **get stuck** in one position for hours **on end**; it's bad for your **posture**. Change your position: don't **bend over** your work all the time, but **lean back** when you're reading through something. Sit up **straight** when you are typing.

When you're sitting at your chair, try to keep your shoulders straight. From time to time you should **stretch** your neck **muscles** and **relax** your shoulders. **Tilt** your chair forward so that your knees are lower than your hips.

Keep both feet **flat** on the floor, NOT pulled back under your chair. **Crossing your legs** will **twist** your **spine** and put pressure on your knees and hips. If your feet don't **reach** the floor, put them on a low stool.

Finally, make sure that your chair is **adjusted** to the right height so that your eyes are **level with** the screen.

- \* slouch stand, sit or move in a lazy way with your shoulders bent forward.
- get stuck become unable to move.
- \* on end without stopping: *for hours/days on end.*
- posture the way you hold your body when standing or sitting.
- bend (over/down) move the top part of your body forwards and downwards.
- lean (back/forward) bend or move your body from a vertical position.
- straight not curved or at an angle.
- stretch sth push a part of your body out straight: *stretch your arms.*
- muscle a piece of body tissue that you relax or stretch to move your arms, legs, etc.
- relax sth make your muscles or part of your body less tight and more comfortable.
- \* tilt sth move sth so that one end of it is higher than the other end.
- flat in a level, straight position.
- \* cross your legs place one leg over the other.
- twist sth bend sth in an unnatural way.
- spine the row of bones down your back.  
SYN backbone
- reach sth be able to touch sth.
- adjust sth move sth slightly so that it is more comfortable or in the correct place.
- level with sth having the same height, position, etc. as sth else.