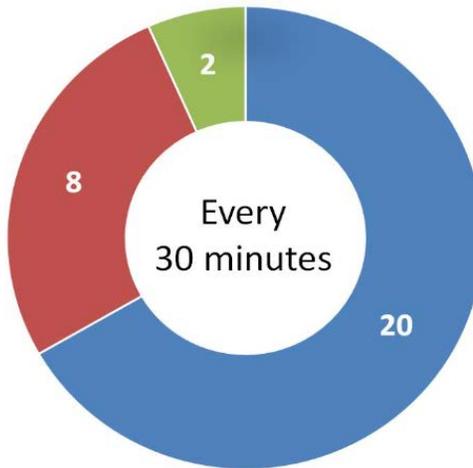


Sit/Stand Working Postures



■ Sitting ■ Standing ■ Stretching
(<http://ergo.human.cornell.edu/CUESitStandPrograms.html>)



Remember to transition frequently by following the above cycle of sitting, standing and stretching/moving around.

Click here for [stretches-and-exercises](#)