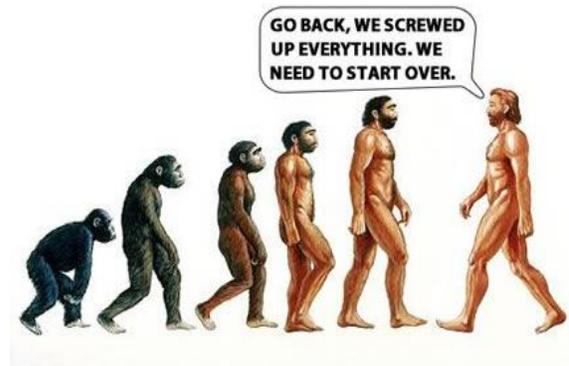


## 10 Secrets for a 'Power Posture'

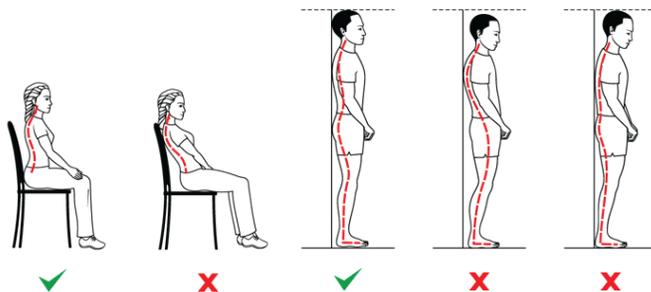
World renowned Yogacharya B.K.S Iyengar once said **“It is the job of The spine to keep The brain alert. The moment spine collapses, The Brain collapses”**.



Surprised? Well you are not alone. Often the importance of good posture is overlooked. It is not only simple, but of great importance to have a good posture so that the intricate elements of back are in proper alignment.

It is observed that back ache is one of the most common torments employees report. This surely isn't very surprising knowing that number of hours, an employee spends on chair is staggeringly increasing.

Good posture keeps our back supported and balanced, improves the core strength, prevents pain and subsequent pathologies. Additionally, it **boosts confidence, augments memory, productivity at work place and enhances the cosmetic value.**



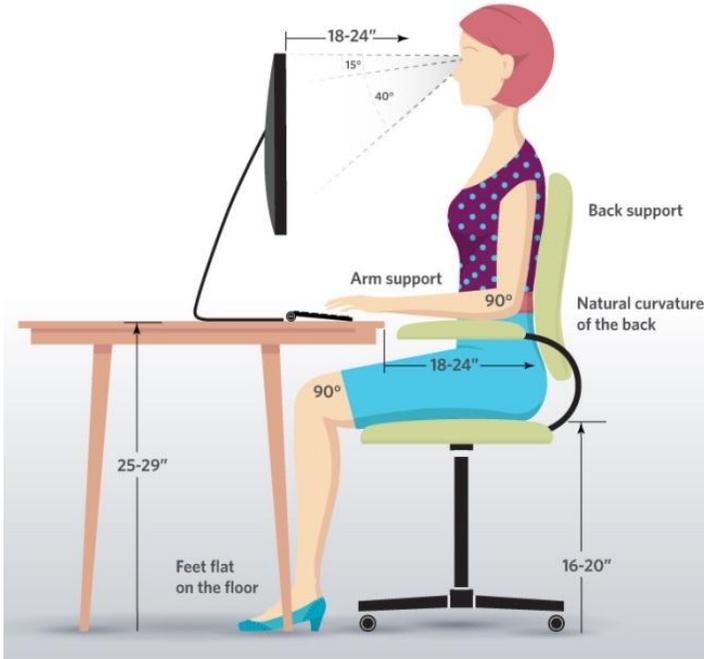
**Have you got it right? If not then this is the time.**

**While we have seen it and read it all and now is the time to ACT...! Some POWER TIPS for you.**

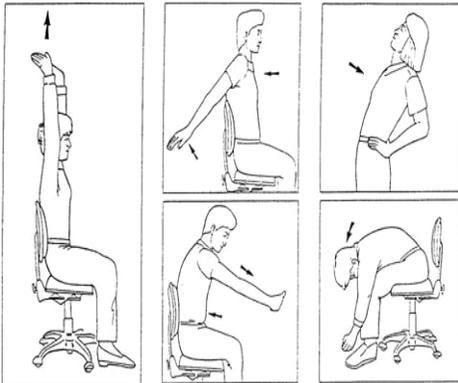
1. It's your back, don't hunch like a Camel! Don't slouch.



## The Ideal Position



2. Arms and feet need support too. Don't dangle it.
3. Crane your neck and head only if you want a Chicken head!
4. Chair isn't an ideal place to show your gymnastic skills. Avoid leaning and reaching out of the chair.
5. Make sure you view the monitor at 90°.
6. Mouse and keyboard are made for each other, don't keep them away.
7. Don't bang your head into the screen, keep an arm distance.
8. De-strain your eyes. Placing the monitor against a window (bright background) is not a cool idea.
9. Rounding your back while picking up something off the ground is big NO! Use your knees (squat) instead.



10. Ease out your tension. Give yourself a power break!



*Despite following this simple advice if you feel pain or discomfort while doing daily activities, don't miss out to get yourself assessed by an expert. We at [www.planmyhealth.in](http://www.planmyhealth.in) have wellness programs designed to help you achieve a Power Posture!*