What is Good Posture?

**WHAT IS GOOD POSTURE?**

- Head upright and over your shoulders
- Eyes looking slight downward without bending from the neck
- Backrest should support the natural curve of the lower back
- Elbows bent at 90°, forearms horizontal
- Shoulders should be relaxed, not raised
- Thighs horizontal with a 90°-110° angle at the hip
- Feet supported and flat on the floor
  - If this isn’t possible, then feet should be fully supported by a foot rest

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