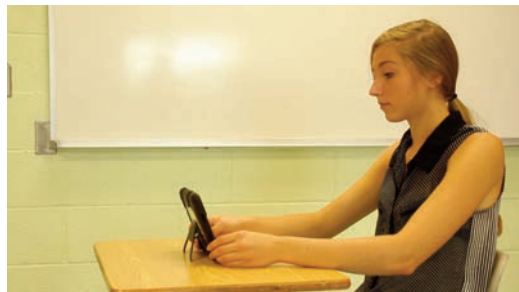


# POSTURE WHEN USING MOBILE DEVICES

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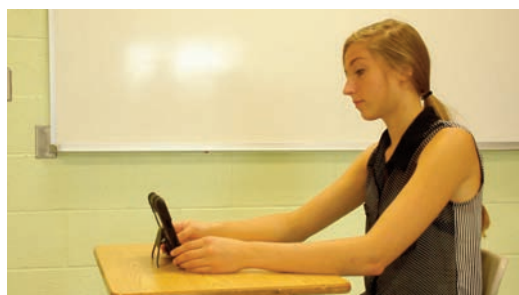
Place your device in a kickstand. This allows easier viewing and keeps your posture looking better.

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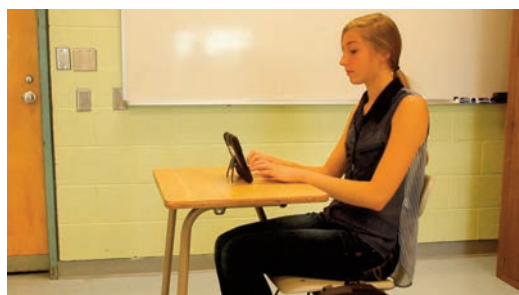
If you don't have a kickstand, find something stable to prop up your device. Good posture leads to less stress and tension in the neck and upper back.

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Pull your device towards you. You want it close enough so you aren't over stretching your arms but not too close as this will increase your chances of neck or eye strain. Use a keyboard if appropriate.

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Sit Up!  
1) Slide back all the way in your seat  
2) Sit tall with your shoulders back and head held high  
3) Avoid leaning forward over your device

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Dr. Mark's PostureTips

[www.drmarkwellness.com](http://www.drmarkwellness.com)

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