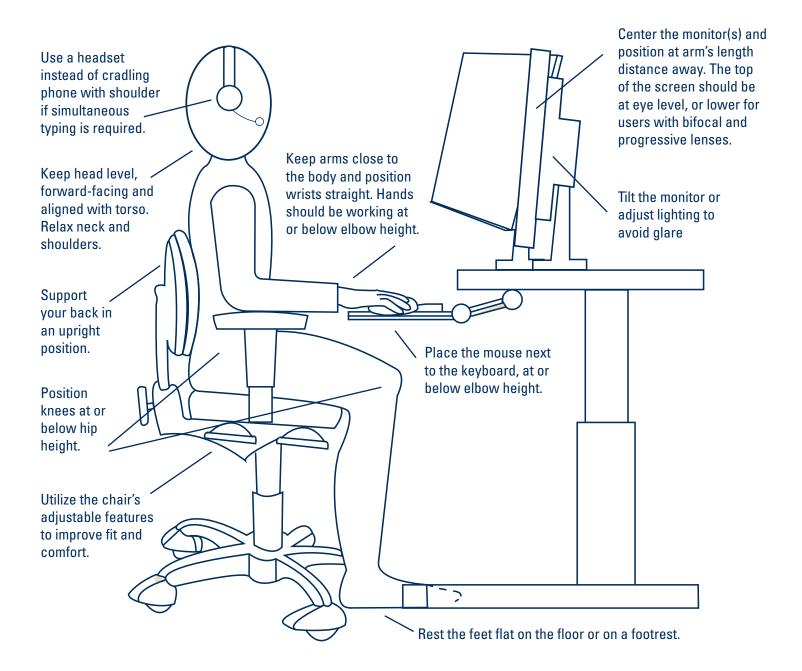
## MHEALTHY Ergonomic Tips for Seated Workstations



## Stretch or walk at least once per hour and keep moving throughout the day.



Adapted from: ors.od.nih.gov/sr/dohs/HealthAndWellness/Ergonomics/Pages/prevention.aspx