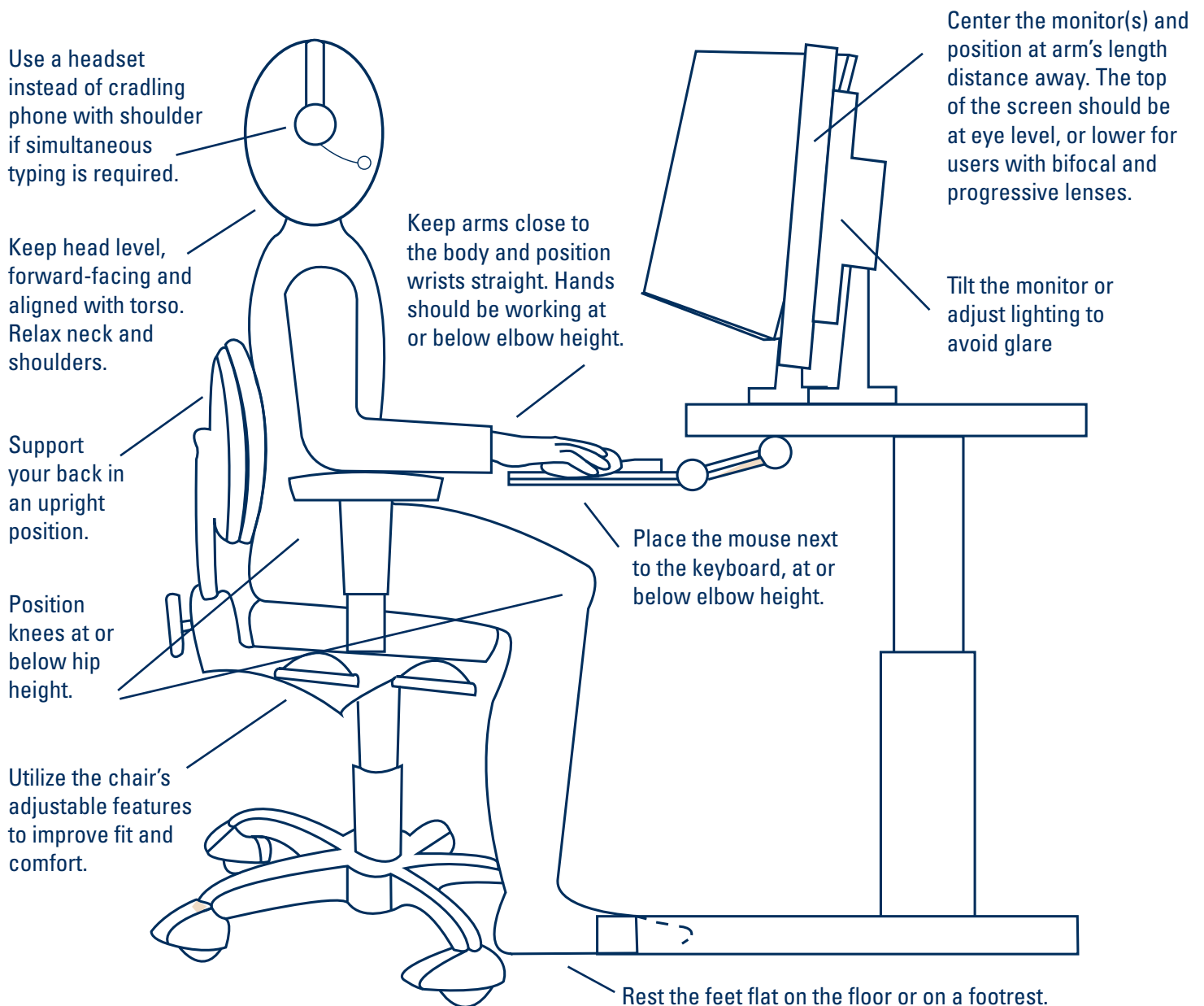


Ergonomic Tips for Seated Workstations



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

mhealthy.umich.edu/ergo