

Does Your Chair Support You?

Just think about how many hours a day we spend sitting. For this reason, it is important to make sure the chair of your choice isn't fighting against your overall body health.

Here are a few things to check for:

- ✓ Be sure your chair has ample lumbar support that adjusts as you move your lower back.
- ✓ The seat size should fit your frame; not too wide so that you strain your shoulders when using the arm rests, or too constricting making you feel cramped.
- ✓ Your feet should be planted firmly on the ground in order to properly support your spine position and prevent spinal disc injury.
- ✓ The chair seat should not restrict circulation in your legs by cutting into your knees or thighs.
- ✓ Your arms should be positioned in a way that does not cause your shoulders to be hiked up. They should be as relaxed as they are when you are at rest.