

Good vs Bad Posture



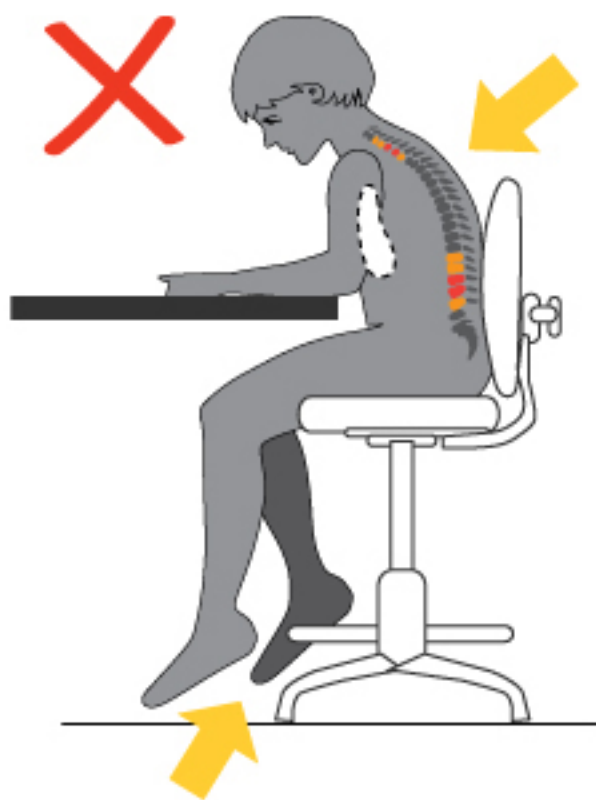
Good vs. Bad Posture

The first rule in good posture at the desk is to have "both feet flat on the floor." The conventional practice of having a fixed desk height and using higher chairs to match the desk is not helpful for children who are growing all the time. The correct practice is: (1) Using a chair that fits the child's height (or adjust the height of the chair) so that his feet touch the floor. (2) Choosing the height of the desk to match the height of the chair. The table top should be tilted toward the child so that he can sit with his back straight without having to lean in.

Proper sitting posture means keeping both feet flat on the floor, aligning your back with the back of your chair and keeping your shoulders straight.

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Bad Sitting Posture?



“ Not having both feet touching the floor can affect concentration, and cause the sitter to slouch. This is why sitting on a bar stool feels unstable even when there is a foot rest.”

Feet are off the ground -> Like sitting on a bar stool, it feels unstable, unable to concentrate for long.

Leaning forward -> Causes bad posture, pressures the lungs and reduces breathing.

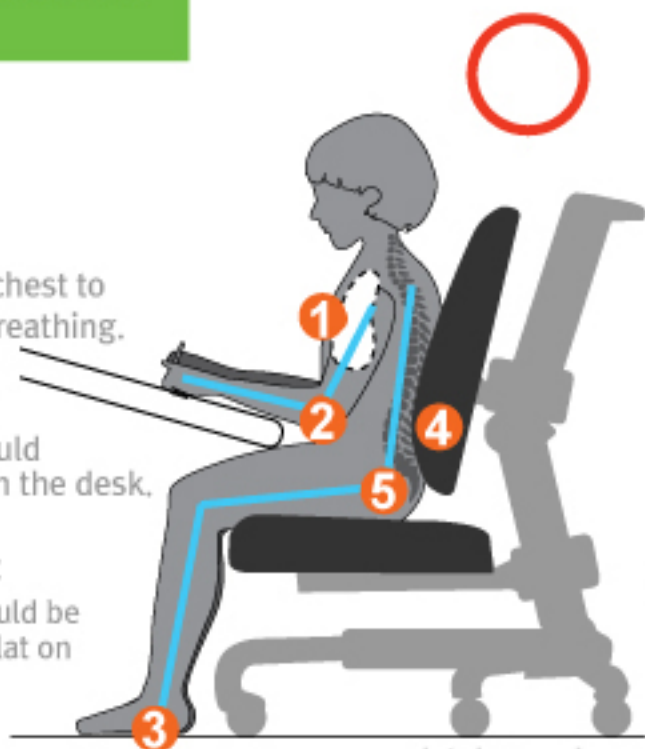
Reduced breathing -> Reduces the oxygen going to the brain, affecting concentration and causing drowsiness.

Proper Sitting Posture?

1 Chest
Straighten chest to maximize breathing.

2 Lower Arms
Elbows should lightly touch the desk.

3 Sole of Feet
The feet should be completely flat on the floor.



4 Backrest & Lumbar
The bottom of the backrest should provide sufficient support for the back (lumbar).

5 Thigh Angle
Thighs should be flat, at a 90-95 degree angle with the back.

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