

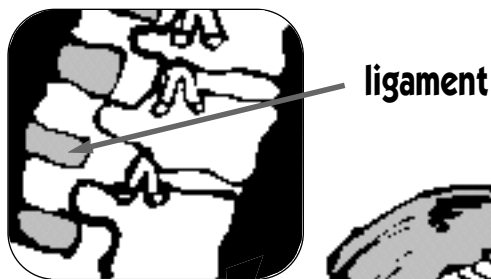
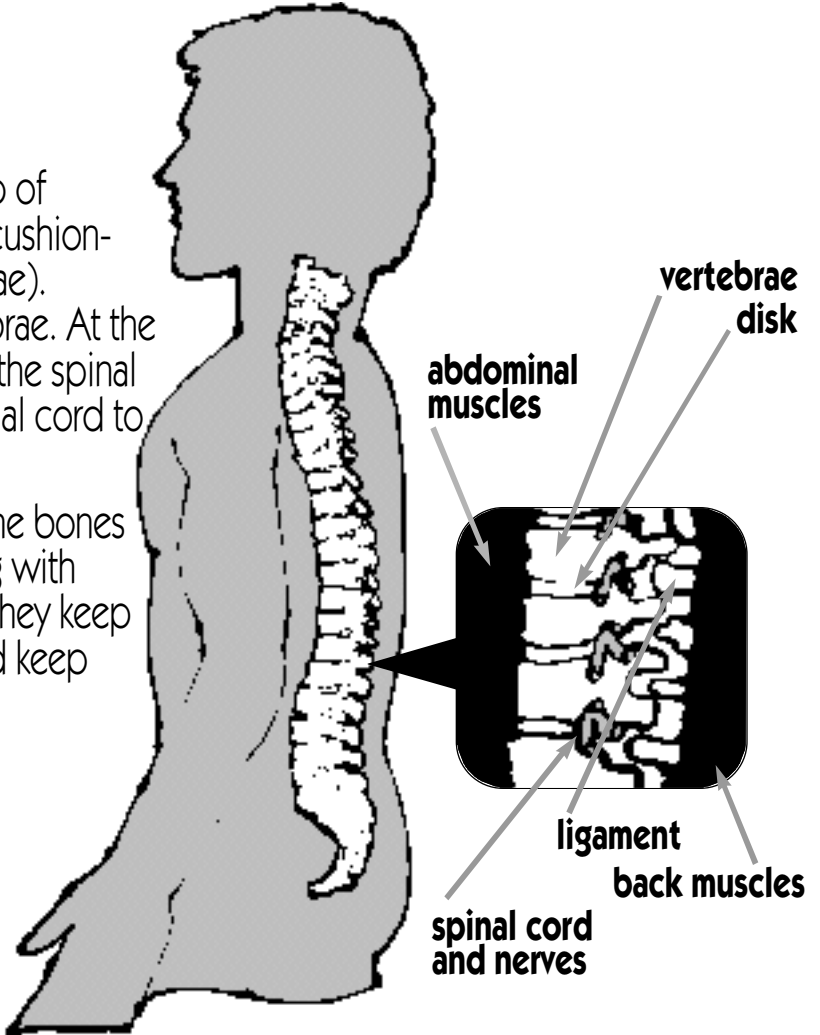
Back to Basics

Your back is your foundation...

it supports your entire body.

Your spinal column is made up of vertebrae (bones) and disks (cushioning pads between the vertebrae). Ligaments connect your vertebrae. At the center of the spinal column is the spinal cord. Nerves run from the spinal cord to other parts of the body.

Muscles are also attached to the bones in your spinal column. Working with the muscles in your stomach, they keep the spinal column in place and keep your back strong.



If You Slouch...

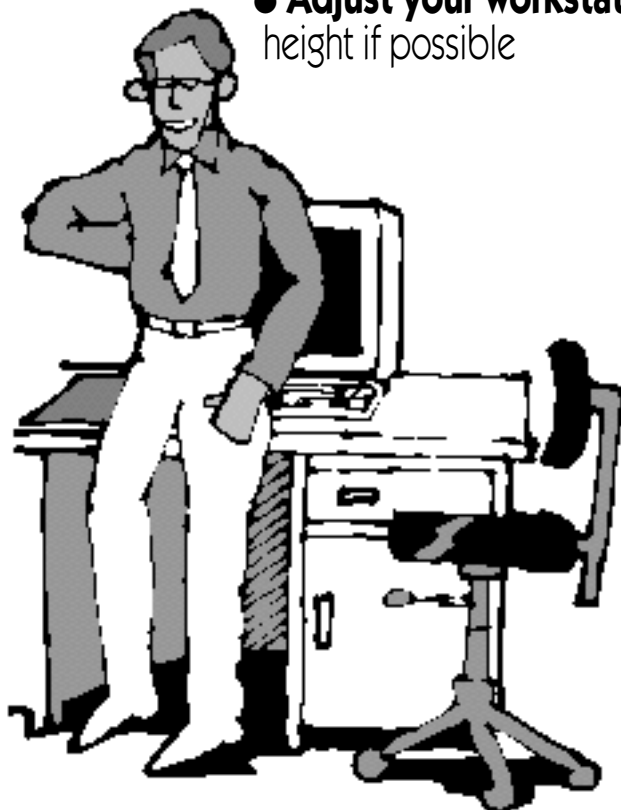
the ligaments, not the muscles, do all the work—work they're not designed to do. They stretch—and hurt—and put pressure on the vertebrae. Your lower back takes most of the strain when you're sitting, so you have to be particularly careful with it.

Sit Up Straight

Sit up straight with your back against the back of a supportive chair, feet on the floor, knees slightly higher than hips.

You'll put less strain on your back when you sit if you:

- **Hold what you're reading upright** instead of leaning over to read it on your desktop.
- **Keep your chair close to your desk.** Don't hunch over your work
- **Adjust your chair** properly and readjust it throughout the day.
- **Adjust your workstation** height if possible



Remember,

While good sitting posture will help keep your spine in balanced alignment, no one sitting posture is ideal. Move around and adjust your chair regularly to help prevent backache, fatigue, or even back injury.