



Don't be a slouch, posture matters

Just like the average coach airplane seat is uncomfortable for most people, office chairs and desks may not fit you either. Arrange your laptop, computer, and tablet so they fit you, urges Dr. Erik Peper, professor at San Francisco State University's Institute for Holistic Health Studies.

Don't let an incorrectly adjusted chair or table height force you to work in an awkward body position.

For working at a computer: Sit in a chair with your feet on the floor. Keep your elbows bent at 90 degrees with your hands, wrists, and forearms straight, in line, and roughly parallel to the floor so that your hands can be on the keyboard while the top of the monitor is level with your eyebrow.

For working with a laptop: You will always compromise body position. If the screen is at eye level, you have to bring your arms and hands up to the keyboard, or, more commonly, you will look

down at the screen while at the same time raising your hands to reach the keyboard. The solution is to use an external keyboard so that the keyboard can be at your waist position and the laptop screen eye level.

For working with tablets and smartphones. You have little choice. You either look down or reach up to touch the screen. As much as possible tilt and raise the tablet so that you do not have to slouch to see the screen.