

# BodyReliefHub

## Desk Posture & Movement Checklist

Use this simple checklist to reduce desk-related aches, improve posture, and keep your body moving during the workday.

### How to Use This Checklist

Run through this checklist at least once every hour. Small, frequent adjustments are more effective than long stretches of perfect posture.

### Desk Posture Checklist

#### ■ Feet flat on the floor

Knees roughly level with hips. Avoid crossing legs for long periods.

#### ■ Sit back in your chair

Support your lower back with the chair or a small cushion.

#### ■ Screen at eye level

Top of the screen should be roughly at eye height to avoid neck strain.

#### ■ Relax shoulders

Let shoulders drop away from ears. Avoid hunching or tensing.

#### ■ Elbows close to body

Elbows around 90 degrees with forearms supported.

### Movement Break Checklist

#### ■ Stand up regularly

Aim to stand or walk for 1–2 minutes every 30–60 minutes.

### ■ Gentle spinal movement

Roll shoulders, gently twist, or arch and round the back.

### ■ Neck mobility

Slowly turn head side to side. Avoid forcing any movement.

## Daily Tip

The best posture is your next posture. Regular movement is more important than sitting perfectly.

*Medical Disclaimer:* This checklist is for educational purposes only and does not replace professional advice.