

Tips to help TEENAGERS MAINTAIN GOOD SITTING POSTURE



Bend hips, knees, and elbows at a 90-degree angle while seated in a chair



Place the feet flat on the ground



Place the screen or books at arm's length and about eye level



Keep shoulders in a neutral position and heads up



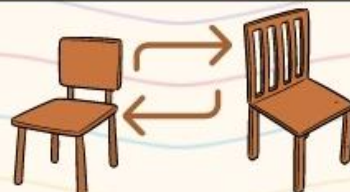
Avoid looking down and bending the neck too backward



Change the sitting position if needed every 30 minutes



Stand and stretch muscles at least once an hour



Change the furniture as the teenager gains height

References:

1. Six Healthy Posture Tips for Kids: Home-School Edition; Hospital for Special Surgery
2. Remote Learning: 5 Tips for Maintaining a Healthy Posture; Nationwide Children's Hospital
3. Healthy posture for teenage screen time: in pictures; Raising Children Network