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## Guidance on correct posture

### Standing

Weight must be balanced on both feet equally  
Do NOT stand with either hip jutting out – bad!  
Breast bone should be up (see below)  
Shoulders should be back  
Arms hand loosely by your side  
Neck loose and tension free

### Sitting

Your hips should always be in line with, or higher, than your knees but NEVER LOWER.  
Ensure you can feel the both 'pins' (sitting bones) equally in your buttocks.  
Position your shoulders to be over your hips: imagine a string tied to your breast bone and to a spot on the wall in front of you; the spot is 30 degrees to the horizontal – now feel a tug on this string  
Position your ears to be over your shoulders – tuck in your chin

### Miscellaneous advice

Breath deeply, using both your lungs.  
Try and avoid sitting on 'soft' chairs – your friends will not be offended if you ask to sit on a dining, or sit on a cushion on the floor

Finally:

Watch your

**POSTURE**

all the time and become a

**POSTURE POLICEMAN**

