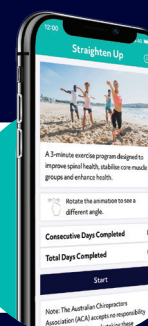


WORKING

From Home



**DOWNLOAD THE
STRAIGHTEN UP
APP TODAY!**



Set up a dedicated,
ergonomic workspace.

Use an office chair that supports your spine
and bring your computer to eye level by
using a separate mouse and keyboard.



Remind yourself
to regularly
take breaks.

Use the Straighten Up app
reminders to take a break,
stretch and check your posture
every 30 minutes or so.



Complete the
Straighten Up
exercises daily.

The 3-minute exercise
program on the Straighten
Up app can help improve your
posture and spinal health.

