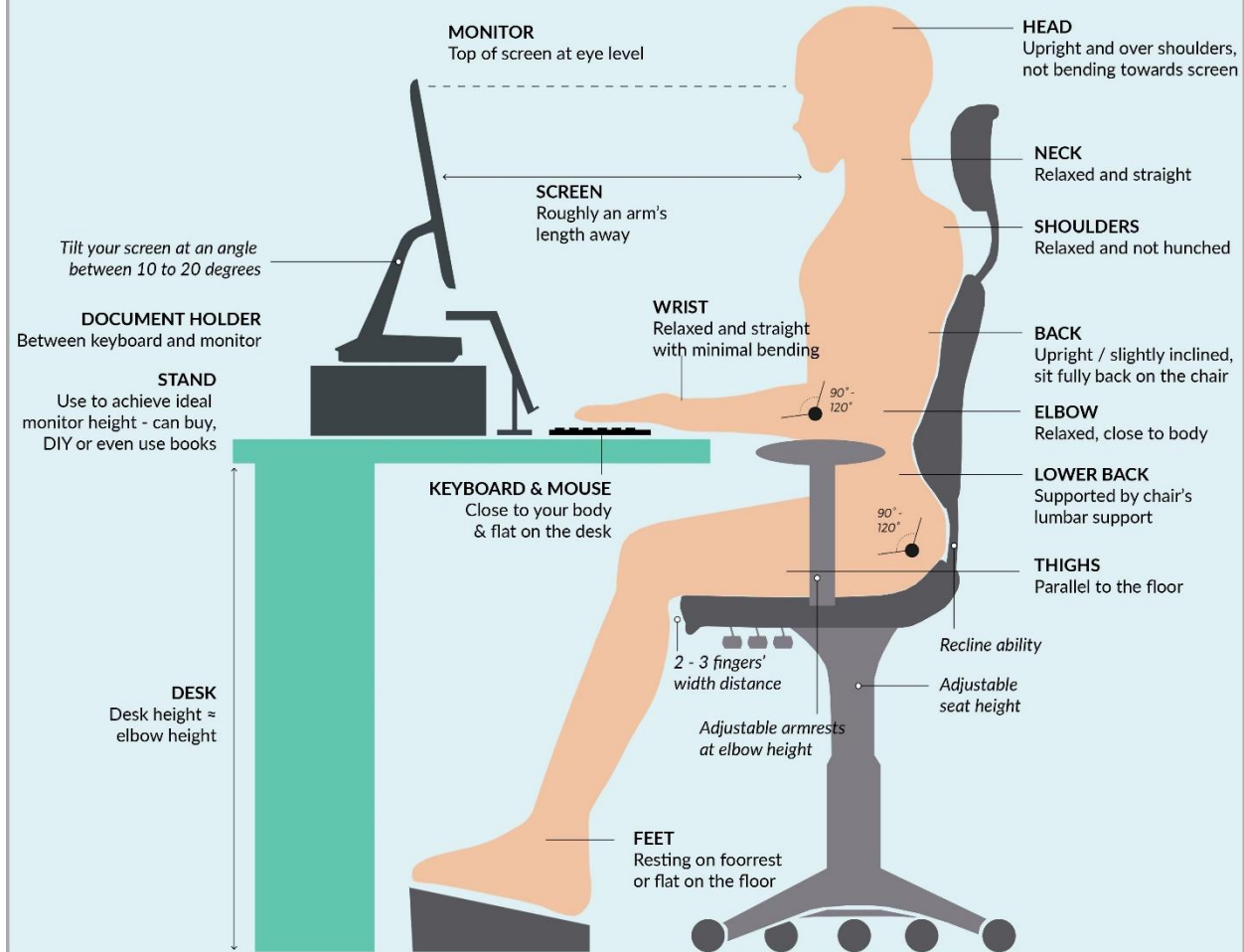


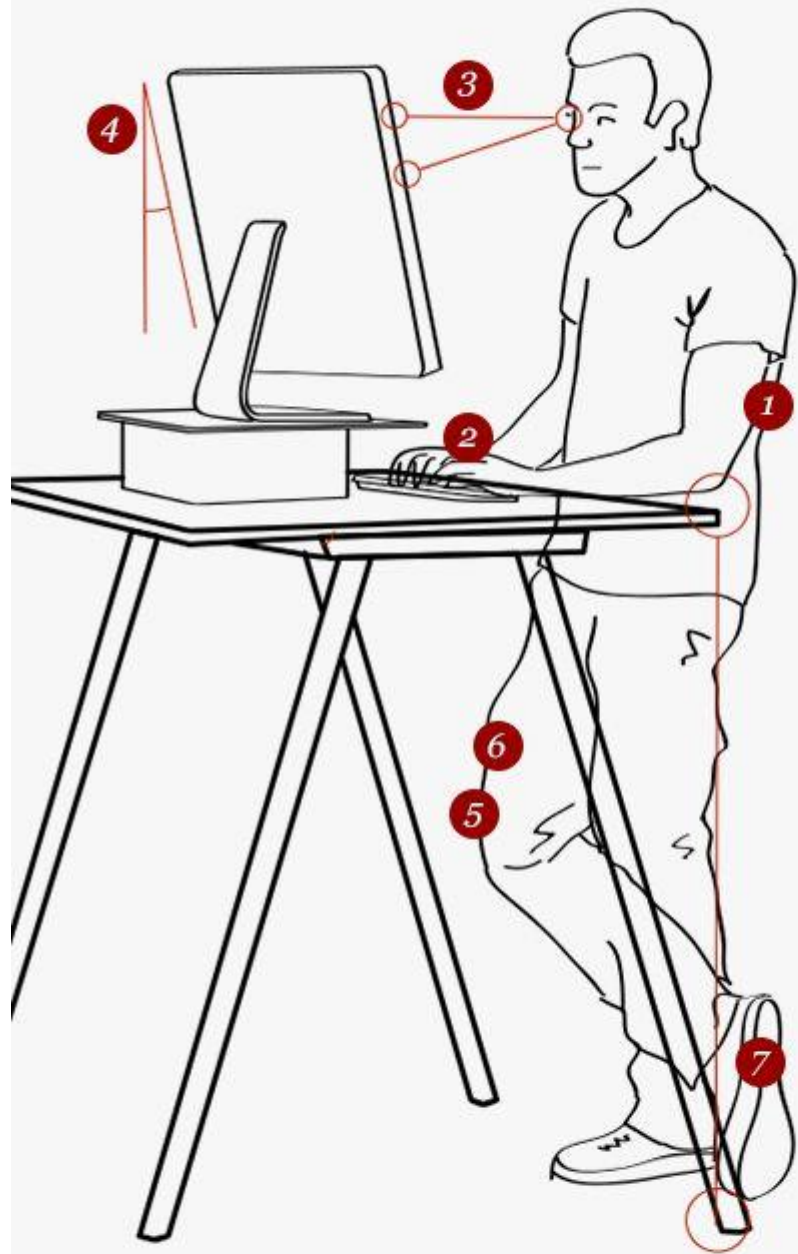
# HOW TO: SET UP YOUR WORKSPACE

Print this out for as a quick checklist or download it on your phone for easy reference!



# Keep good form with your stand-up desk

Here's what to do if you plan to be on your feet all day



- 1 Arms at a 90 degree angle.
- 2 Wrists in neutral position.
- 3 Computer monitor at eye level and directly in front of you.
- 4 Screen at a 20 degree tilt; 20 to 28 inches from your eyes.
- 5 Knees slightly bent.
- 6 Shift your weight occasionally from leg to leg.
- 7 No heels!

## Optional:

Get a mat or pad for cushioning underneath your feet.

Keep your shoes off.

Take a load off every once in a while throughout the day and have a seat.

A small stool for perching.