

SVMIC Sitting Checklist

- Track amount of time sitting in a day
- Good sitting position (monitor at eye level, torso upright, arms neutral and relaxed, hips/knees around 90 degrees)
- Regular standing/walking/stretching breaks (hourly if possible)
- Using a timer, wearable or other device/method for accountability
- Get a “movement buddy”
- Incorporate regular exercise into daily/weekly routine
- Look into bodywork (massage, chiropractics, etc.)

