

Seated Posture Check

Position

- Bottom firmly on the chair and both feet flat on the floor.
- Feet and knees hip width apart, with knees directly over the ankles.
- Shoulders back, down and relaxed.
- Chin parallel to the floor.
- Looking straight ahead.
- Natural breathing throughout.



Contact us

0151 934 2352

active.lifestyles@sefton.gov.uk

[@LifestyleSefton](https://twitter.com/LifestyleSefton)

[activelifestyles-sefton](https://www.facebook.com/activelifestyles-sefton)