Back pain, neck ache, shoulders tight? All these discomforts could be caused by how we sit. Sitting for long periods of time causes muscles in our back to tense up. When our posture is poor, we hunch over decreasing the circulation and air flow to our lungs. “Healthful” tips for sitting would be to take breaks hourly, get up and walk, roll your shoulders, gently moving chin to chest and head tilt to the side. While at the computer check for a straight line from your elbow to your fingertips. This helps avoid problems such as carpal tunnel syndrome. Remove your wallet from your back hip pocket to prevent hip imbalances. If your feet dangle consider placing a box under your desk. To have a good sitting posture roll your shoulders back, tighten your core and lastly, tuck your buttocks under you like you were sitting on your tail.

Posture
Laura Coon, RN

Looking for a student organization to join?
The Student Wellness Action Team (S.W.A.T.) is an active, fun and registered student organization focusing on the health and wellness of the campus community.

Becoming a member of S.W.A.T. is an opportunity to connect to the campus and meet new people!

For more information on how to become involved, contact Terry Giang at terry040996@gmail.com

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