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Sit Smart Checklist

SCORE: ___ / 18

Long sitting is one of the most common things that stirs up back-and-leg discomfort. Check what you already do, then fix three things this week.

AT YOUR DESK

- [ ] Feet flat, knees about level with hips
  Use a footrest or box if your feet don't reach.
- [ ] Chair back supports your low back
  Add a small rolled towel at belt level.
- [ ] Screen at eye level, an arm's length away
- [ ] Elbows by your sides, keyboard close

IN THE CAR

- [ ] Seat close enough that knees stay slightly bent
- [ ] Seat back fairly upright, about 100–110°
- [ ] Lumbar support or rolled towel at the low back
- [ ] Stop every 45–60 minutes on long drives
  Get out and walk 2–3 minutes.

YOUR BACK POCKET

- [ ] Wallet and phone out of your back pocket
  Sitting on a wallet tilts your pelvis and can press on the back of the hip.

BREAKS

- [ ] Break timer set every 30–45 minutes
  Stand, walk to refill water, do a posture reset.
- [ ] Alternate sitting and standing if you can
- [ ] Walk 5 minutes after lunch

LIFTING BASICS

- [ ] Get close to the load
  Keep it against your body.
- [ ] Bend at the hips and knees, not the low back
- [ ] Turn with your feet, don't twist
- [ ] Ask for help or split heavy loads

MY TOP 3 THIS WEEK

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The 30-second posture reset. Ears over shoulders over hips. Feet flat. Breathe in slowly through your nose, let your shoulders drop as you breathe out. Do it every time your break timer goes off. These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Educational, not medical advice. Talk to Dr. Fair before changing your exercise, food or supplement routine.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
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