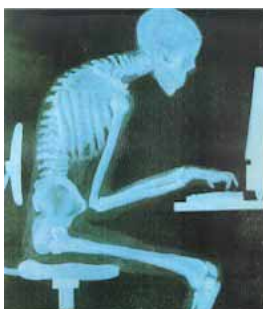
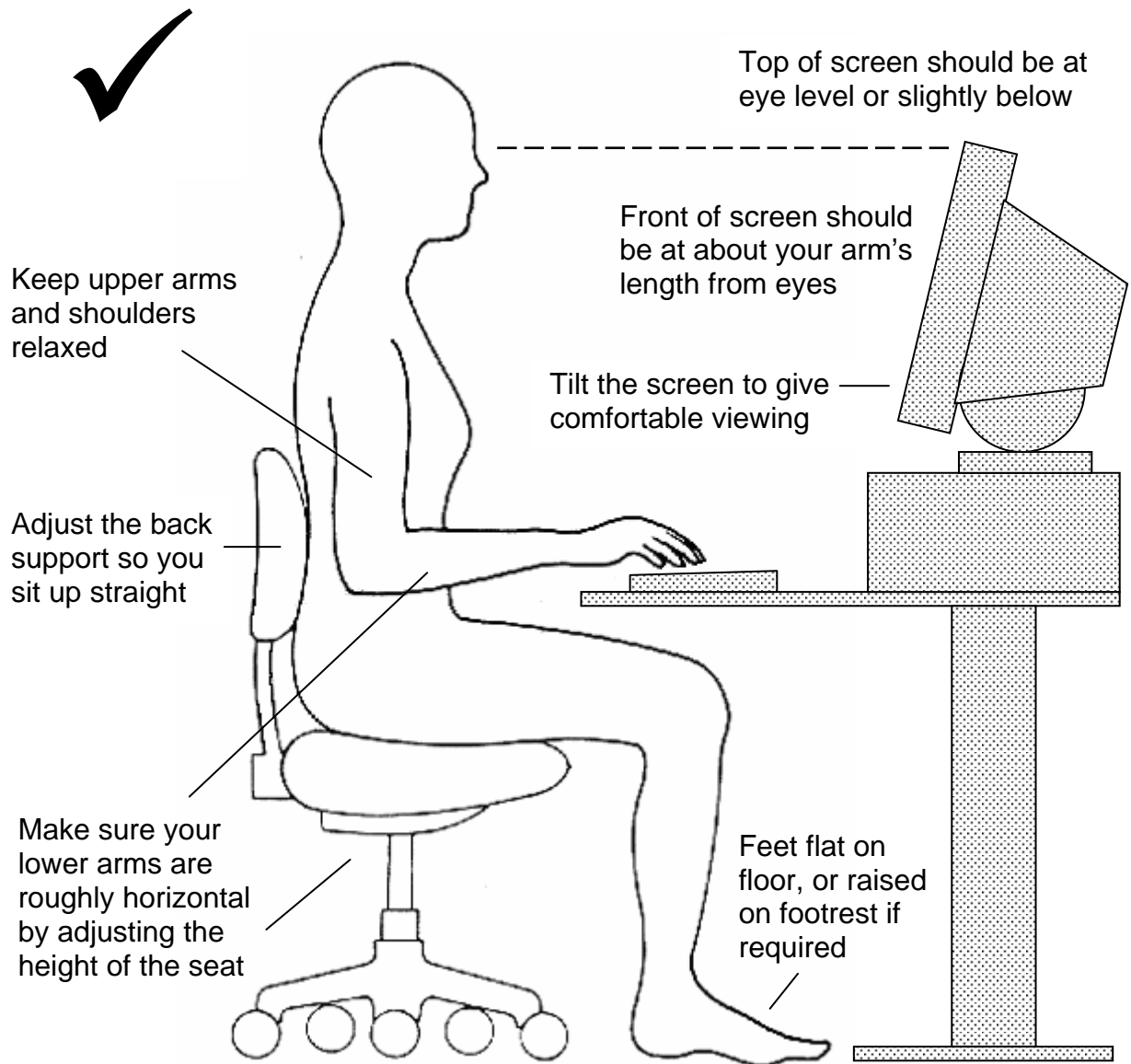


# Correct Posture

... is important when using a computer

To help prevent aches and pains follow the advice in the diagram below and remember to **Sit Up Straight!**



And make sure you don't end up looking like this!

