

THE DIGITAL REVOLUTION IS HERE

and it's wreaking havoc on posture



Our collective posture has been folded and molded by the internet, while we text, tap and swipe on iPhones, Androids, tablets, phablets, laptops and desktops.

Hours hunched over, searching, posting, staring at a screen has created new conditions like text-neck, computer-slump and texting-thumb, while also reigniting old favorites like carpal tunnel syndrome, forward head posture and introduced a far younger generation to low back pain.

Being aware of digital habits is key to maintaining optimal health.



Brought to you by
PostureZone App
Free on Android & iOS

EXPERIENCING PAIN AFTER SITTING?
ASK FOR TIPS TO CREATE AN IDEAL WORK SPACE.

- > Take time to setup an ergonomic work area
- > Get up every hour for a posture stretch break
- > Sit on a ball to keep moving while you compute

© 2017 BodyZone.com All Rights Reserved

THE DIGITAL REVOLUTION IS HERE

and it's wreaking havoc on posture



Our collective posture has been folded and molded by the internet, while we text, tap and swipe on iPhones, Androids, tablets, phablets, laptops and desktops.

Hours hunched over, searching, posting, staring at a screen has created new conditions like text-neck, computer-slump and texting-thumb, while also reigniting old favorites like carpal tunnel syndrome, forward head posture and introduced a far younger generation to low back pain.

Being aware of digital habits is key to maintaining optimal health.



Brought to you by
PostureZone App
Free on Android & iOS

EXPERIENCING PAIN AFTER SITTING?
ASK FOR TIPS TO CREATE AN IDEAL WORK SPACE.

- > Take time to setup an ergonomic work area
- > Get up every hour for a posture stretch break
- > Sit on a ball to keep moving while you compute

© 2017 BodyZone.com All Rights Reserved