

Are You Spending More Time Watching TV?

Here are tips that you can use to encourage proper posture for you and your children:

1. Use a timer to encourage breaks from sitting

Since losing track of time can be a major issue for adults and some kids, small breaks are critical. I recommend setting a timer. It doesn't mean you have to stop, but everyone can be reminded to stand up and move around after 20 to 30 minutes of sitting.

2. Avoid sitting on unsupported surfaces

Everyone needs to avoid spending long amounts of screen time on low-support couches, chairs, and even floors, where they can end up in straining positions for far too long. Work to create a setup that supports your head and neck, whether by propping pillows or having to lean back in a well-supported chair.

3. Have the screen and chair properly adjusted for computer time

Set up this area so you and your kids are seated to allow eye level or slightly below eye level viewing of the screen. Also, adjust the chair so the height allows for both feet to be firmly planted on the floor.

4. Talk about the importance of posture

Making everyone take breaks from TV and video games may not be easy, but it's important. Helping people become self-aware about their posture can create good lifetime habits.

5. Consider a therapy ball

There are ways to work muscles and improve posture even while you are in front of the screens. Therapy balls, for example, offer a dynamic surface that makes you work your trunk muscles (pectoralis, obliques, and abdominals) while you are watching your favorite show or playing video games. This helps promote proper posture.

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