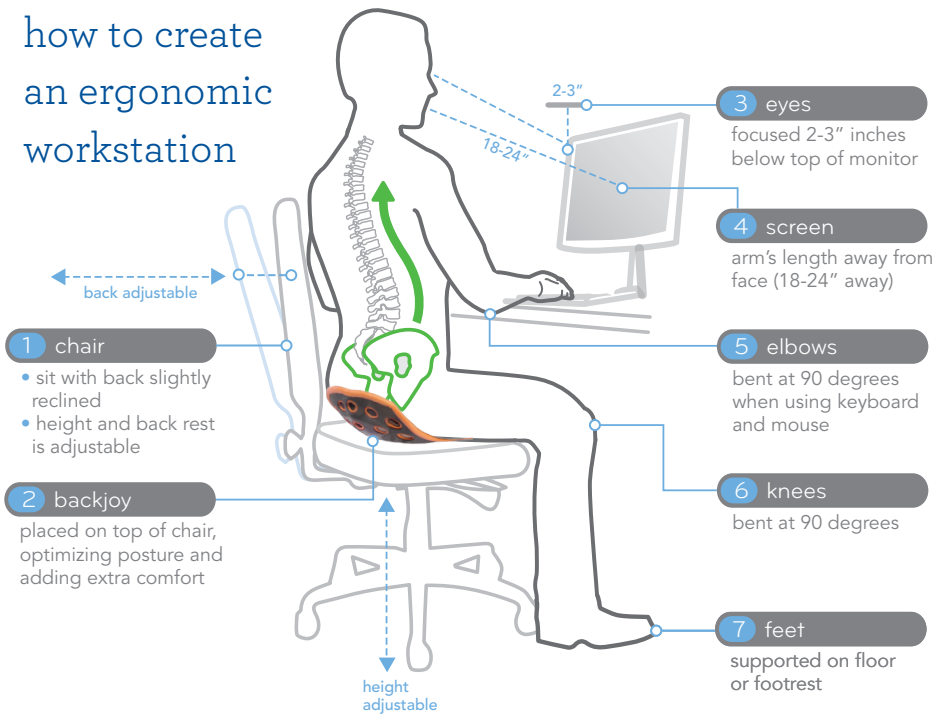


# BackJoy®

CHANGE YOUR POSTURE, CHANGE YOUR LIFE

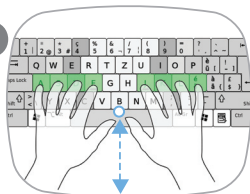


## how to create an ergonomic workstation



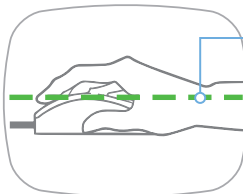
**8 keyboard**

"B" key positioned directly in front



**9 wrist**

the wrist is flat while using the mouse



# BackJoy Daily HIGH 5

## Healthy Posture:

- 1 Increases the level of natural compounds in your body that support confidence, creativity, focus, energy and motivation.
- 2 Burns more calories while seated and helps support you in eating less calories throughout the day.
- 3 Reduces stress hormones associated with fatigue, pain, anxiety and a depressed mood.

## Be Sure To:

- 4 Take 2 to 5 minute performance breaks every hour to walk, stretch, perform desk push-ups and drink water.
- 5 Commit to making healthy posture a 24 hour experience of high performance. Sit, move, eat, think and sleep well.

To learn more, go to:  
[www.backjoy.com](http://www.backjoy.com)

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