Axklo

Sitting, posture and eyes

Your body notices every hour you spend hunched over a screen.

1. Move for a minute **every hour**. A short walk counts.
2. Keep your screen at eye level, and rest your eyes by looking at something far away.
3. Backpacks go on both shoulders, and not too heavy.
4. Phone neck is real. Lift the phone to your eyes instead of dropping your head.
5. Set up your desk so the screen is at eye level and your feet are flat on the floor.
6. If your back or wrists ache by the end of the day, fix the setup before it becomes a habit.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help