

kaspersky *Presents*

P.A.T.C.H. WORK

YOUR PAIN-FREE GUIDE TO PAINLESS POSTURE



At Kaspersky, we believe that keeping up with the freshest installs is vital to staying safe, but so is staying fresh ourselves.

Laptop time can play havoc with our posture: even watching our conference may have caused a Pain In The Neck. So, while software updates can also feel like a pain in the neck, why not while away that device downtime with an easy-to-remember set of exercises to kick that tech neck into touch.

SEE REVERSE SIDE FOR 5 EASY STEPS

GIVE YOUR POSTURE a PATCH AND YOUR SOUL a SERVICE PACK IN FIVE EASY STEPS:

POSITION

Forward Head Posture (FHP) is common for regular laptop users. Before any stretching, and as often as possible, check you're in the right position. When standing, your bum should stick out 2 inches behind your shoulder blades. Then, while your chin is tucked in, move the back of your head away from the base of your neck. Hold the position for three deep breaths.

Arms

Hold your hands behind your back and lift the upwards – the opposite of how they sit when on your laptop all day.

Toes

Get those socks off and, make fists with your toes – preferably on a rug or carpet, but whatever's near. Touching your feet on the ground is primordial, connecting those nerve endings to our surroundings and making us feel relaxed and at home. And if it's good enough for John McClane...

curl

Reach your hands down towards your feet, then slowly curl your body up, running your hands all the way up your legs and torso. Then spring your arms up in the air, stretching as high as you can to help the endorphins flow.

HUG

Go on. Give yourself a little hug. You deserve it, but then also slowly twist from side to side as far as feels comfortable. This should release stiffness and also help with fatigue.

HOW TO USE ME:

1. Remember the mnemonic so you can use anywhere
2. Print out and keep by your desk for those pesky update moments
3. Never do any movement that feels uncomfortable