

Better Sitting Starts With Movement

Whether you're working, driving, eating, relaxing, or scrolling on your phone, you may spend hours sitting each day. Staying in one position for too long can contribute to stiffness, fatigue, and discomfort. Learn how changing the way you sit can help support comfort, movement, and everyday function.

What is Functional Sitting?

Good sitting isn't about holding one perfect posture all day. Functional sitting means being able to adjust your position, move when needed, and find comfortable, supported positions throughout your day.

Functional sitting can help you:

- Adapt instead of staying rigid
- Move more comfortably
- Reduce the effects of prolonged sitting
- Build better awareness of your body
- Carry healthy moving habits into your daily life



A Simple Sitting Reset

1 SIT UPRIGHT

Notice your balance, breathing, and how much effort you're using.



2 RELAX

Allow yourself to settle into a more relaxed position.



3 RETURN TO UPRIGHT

Compare how your body feels now. Can you find a comfortable, supported position without forcing?



4 FIND YOUR POWER SITTING

Gently bring your pelvis slightly forward and allow your body to organize naturally over your sitting base.



Helpful Sitting Habits



CHANGE POSITIONS

Don't stay in one position for too long.



TAKE BREAKS

Stand up, walk, or stretch throughout the day.



AVOID PROLONGED SITTING

Break up long periods of sitting when possible.



LISTEN TO YOUR BODY

Stiffness or discomfort is a good reminder to move or change positions.