

HEDGE'S 3S's IDEAL WORK PATTERN

Move and gently stretch



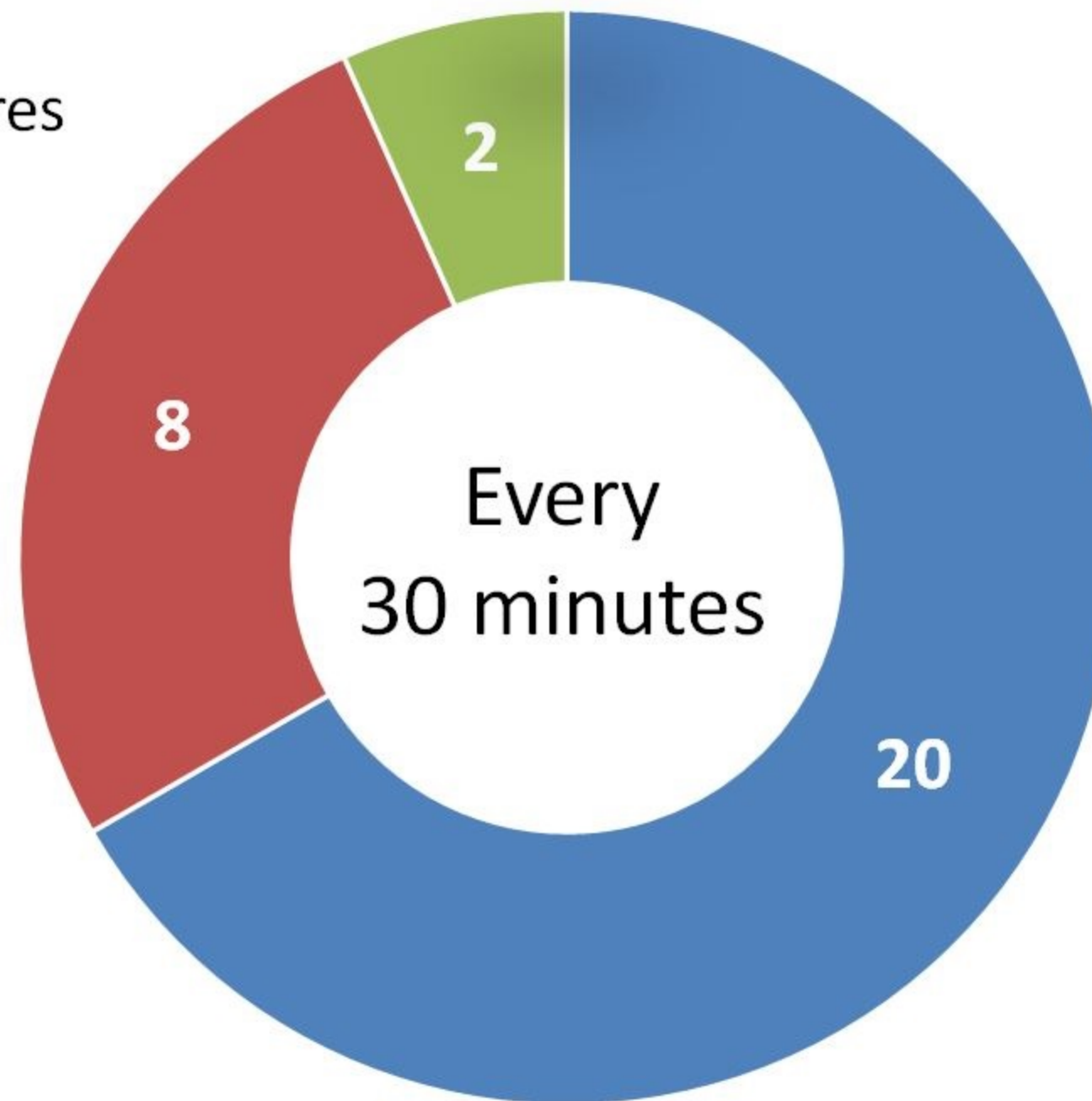
Stand in neutral postures



For a 7.5 hrs day this gives a total of:

- 5 hours/sitting
- 2 hours of standing
- 0.5 hours of moving
- 16 sit-to-stand transitions

Sit in neutral postures



■ Sitting ■ Standing ■ Stretching