

HEDGE'S 3S's IDEAL WORK PATTERN

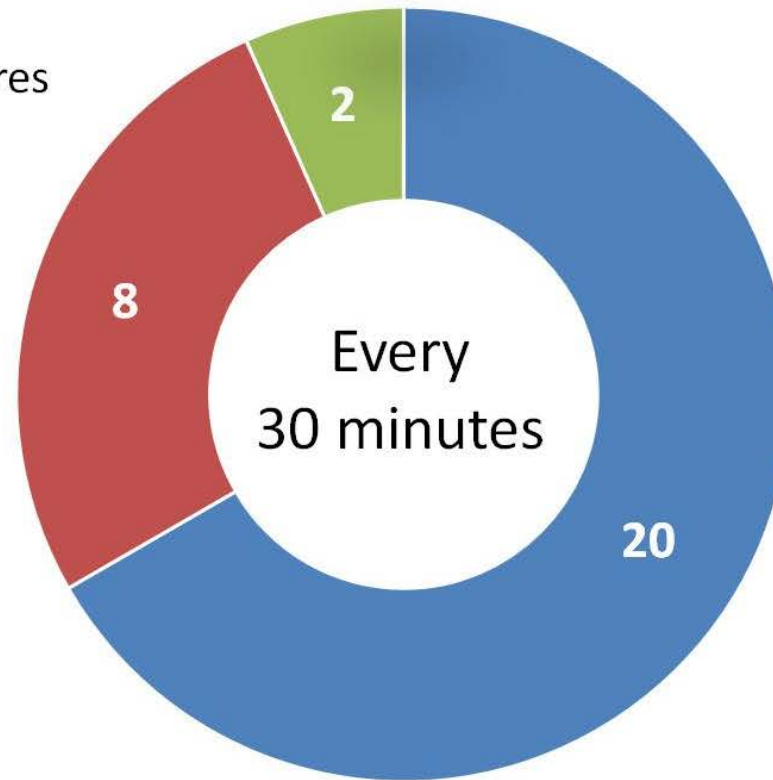
Move and gently stretch



Stand in neutral postures



Sit 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

■ Sitting ■ Standing ■ Stretching

(<http://ergo.human.cornell.edu/CUESitStandPrograms.html>)