

How does sitting impact my posture?



1

**Redistribution of weight
to lower back**

Stress on the lower back, higher
intradiscal pressure, impinging
nerve roots

2

Core muscles are less active

Muscles weakened, unable to
support the body

3

Hip flexor shorten & tighten

Pull on the pelvis, causing
anterior tilt and strain in the
lower back

4

Hamstrings shorten & tighten

Pull on the pelvis, flattening the
lower back

5

Glute muscles disengage

Muscles weakened and become
soft/undefined

6

Decreased blood flow to legs

Circulation and nerve problems