



- **Choose comfortable shoes.** If you must wear high heels, bring a pair of flat shoes along with you to change into should you become uncomfortable. If you walk to work, wear flat shoes and change into your more fashionable shoes when you arrive to alleviate any pain or discomfort. If the shoe is uncomfortable while standing, chances are it will not be any more comfortable while walking. The

wrong shoe can affect the body's center of gravity.

- While sitting, whether or not you are wearing heels, it is important to **take frequent stretch breaks** to alleviate atrophy of the hamstring muscles.
- **Avoid excessive wear of tight pants or clothing.** If you prefer tighter clothes, choose styles that allow you to perform daily tasks with ease.
- Select a briefcase or purse with a **wide adjustable strap**. Ideally, the strap should be **long enough to place over the head**. This evenly distributes the bulk of the weight across the body.
- When carrying a bag, or briefcase, **switch sides frequently** to avoid placing the burden of the weight on one side of your body. Take the time to empty unnecessary items from your bag.
- If you are driving or sitting for long periods of time, **remove your wallet or card holder** from the back pocket of your pants.

