THRYVIVA CHEAT SHEET • WORKSPACE MOBILITY POSTER

Desk Ergonomics & 5-Minute Posture Reset

Pin beside your desk for midday tension relief, clearer focus, and sustainable spine alignment.

5-Point Desk Ergonomics Check

Checkpoint	Ideal Ergonomic Alignment
Screen Height	Top third of monitor at eye level, roughly an arm's length away
Shoulders & Elbows	Shoulders relaxed down; elbows bent 90–100° close to your sides
Wrists	Neutral and straight — avoid bending upward onto the keyboard
Hips & Feet	Hips slightly above knees; feet flat on the floor or a footrest
20-20-20 Eye Rule	Every 20 minutes, look 20 feet away for 20 seconds to relax eye strain

The 5-Minute Midday Posture Reset

Minute	Reset Move	How to Perform
Min 1	Chin Tucks (8 reps)	Glide chin gently back like making a double chin; hold 3 sec to lengthen neck.
Min 2	Doorway Chest Opener	Forearms on doorframe, step gently forward for 30 sec per side.
Min 3	Seated Thoracic Twists	Sit tall, inhale to lengthen, exhale to twist gently right then left (30 sec each).
Min 4	Standing Hip Flexor Stretch	Step one foot back into a gentle lunge, tuck pelvis softly; 30 sec each side.
Min 5	Wrist Circles & Box Breath	Roll wrists slowly both ways while taking 4 calm cycles of 4-4-4-4 breath.