



Positioning Yourself On Your Screen

- 1 Hold up one hand.
- 2 Make a small shape with your thumb and pointer finger, about 1 inch.
- 3 Sit back where you feel comfortable in your chair.
- 4 Adjust your screen so that there is only about an inch between your head and the top of the screen. Use your fingers as a guide.
- 5 Adjust your screen to get your body in the correct position.



Contact us to learn more!

www.SidecarGlobal.com

