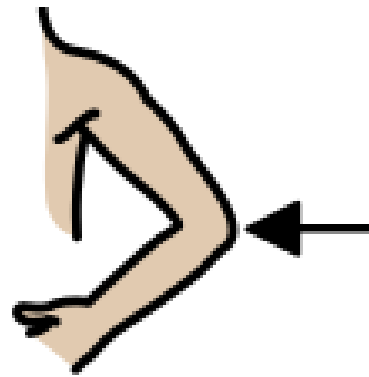


1



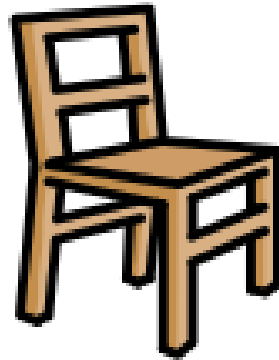
Place both feet flat on the floor.

2



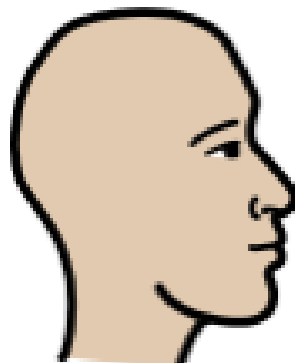
Move your elbows so they are resting off the edge of the desk.

3



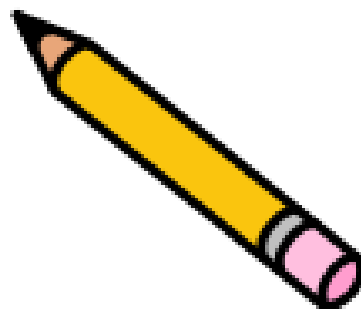
Move your bottom to the back of the chair.

4



Lean your head and shoulders slightly forward.

5



Hold your pencil correctly.