

# Build Your Own Dynamic Workstation

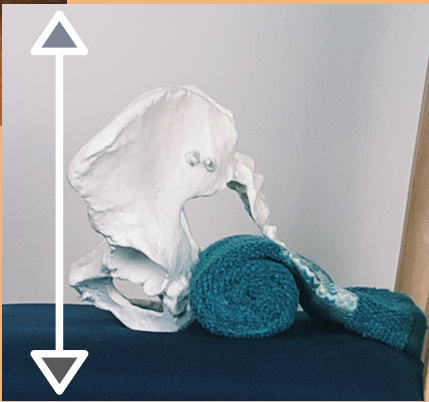
## A Rolled Towel

Stretch Your Calves



Place the towel behind your sitz bones

to support a neutral pelvis



## Your Chair

The



Options



Are



Endless



Get



Creative!



## A Scarf

Circle Just Your Arms



Or Add Your Upper Body

## Books

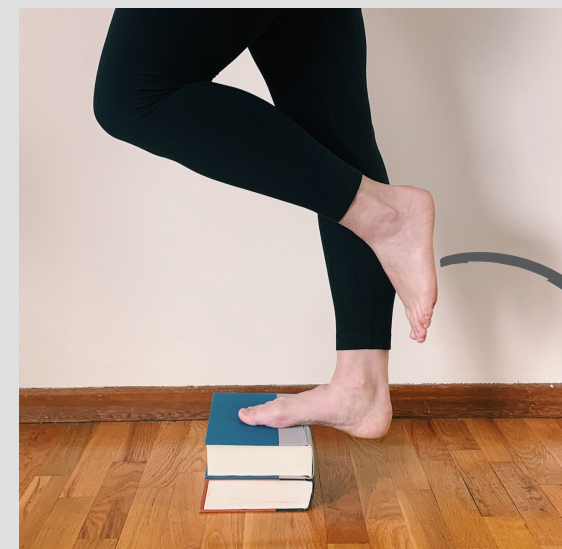
Find Different Ways to Stand on Them



Raise Both Heels



Raise A Single Heel



## A Ball

Tennis/Lacrosse/Massage

Put The Ball...



Under Your Foot

Between Your Shoulder & The Wall



Between Your Pec & The Wall



 PRONATAL SUPPORT