

Sit with your body all the way back in your seat. Your back should be pressed against the backrest, and your bottom should be as far back in your seat as possible.

Adjust the seat height so you can see clearly out the windshield and windows. Your hips should be at or lower than the height of your knees.

Keep your left foot on the footrest when you're not using it.

Wear your seat belt so the strap goes across your breastbone and your pelvis—not your neck or your stomach.

Tools

So, your posture and ergonomics are great but you are still having trouble? Remember: we're not made to sit for so long! Every 20-30 minutes, do some seated Cat-Cows.