

# HEALTH TIP



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## Don't Take Your Knee Health Sitting Down

Unfortunately, knee pain and prolonged periods of sitting tend to be related. Some tips to help keep your knees from feeling the burden:



Get up, move around, and stretch every 30-60 minutes, whenever possible



If you know you'll need to be seated for an extended period, sit upright with your knees in front of you, bent at a 90-degree angle and both feet planted on the floor (as you would in a chair)



Avoid sitting with one or both legs crossed, or legs bent underneath you as this can put unnecessary pressure on the knees, especially over a long period of time



If the knee pain you're experiencing is persistent or worsening, talk to your doctor. It could be a sign of a more complicated issue that requires evaluation



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