



GETTING IN AND OUT OF THE CAR

Many housekeepers have a vehicle and here is some appropriate advice for this situation. Below you will find tips giving you an idea of how you best sit in the car. Here, too, varying your posture is very important.

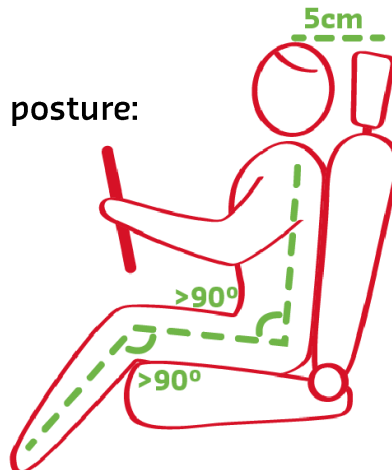
Quick check:

- Is the seat in the car properly adjusted (seat depth, seat height, back rest and supports)?
- Is the steering wheel properly adjusted?
- Can you open the door widely enough to get in or get out?
- Can you change your posture occasionally while driving? E.g. sitting up straight instead of sinking down into the seat?

Tips:

Make sure you have a good basic posture:

- Seat depth;
- Seat height - inclination;
- Back support;
- Arm rests and steering wheel.



Vary some of the adjustment options such as back support angle and seat height → A small adjustment is enough to provide sufficient variation.

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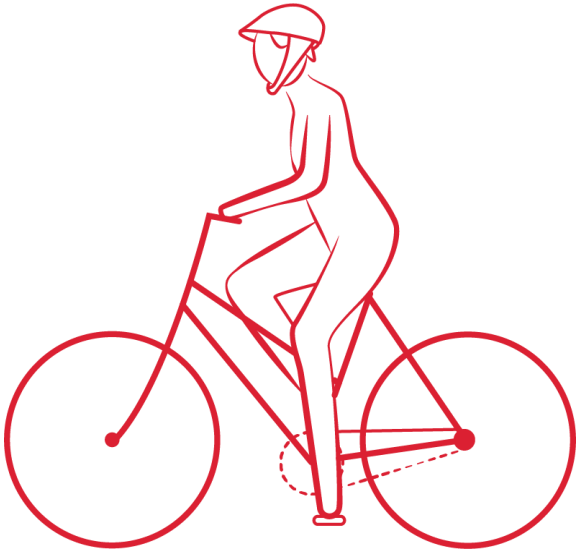
- Open the door wide enough;
- Sit down first;
- Use support points, e.g. the door frame;
- Place one leg in/out of the car at a time.



Things to think about when riding a bike:

Place the saddle at a good height:

- You can still place one foot on the ground for support when you stop;
- When you pedal, your knees are not fully extended, nor do they come above hip height at their highest point;
- Play around with the height of the handlebars to get them at a comfortable position;
- Make sure you have a natural S-curve.



Stretching exercises

- Make a double chin;
- Note: keep your nose pointed forward.



- Rotate your shoulders backward and downward a few times.

