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Sit pretty

You don't need a fancy ergonomically designed office chair, but you should have one that provides good support so that your back is curved like an S, not a C, says Jeffrey Goldstein, MD, director of the spine service at the New York University Langone Medical Center.

Every half hour, get up and walk around for a few seconds to take some of the stress off your back.

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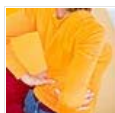
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