

1. Stand (easy)



2. Tripod (easy)



3. Sit (easy)



4. Step (easy)



5. Old Cow Hand (easy)



6. Flamingo (moderate)



7. Pigeon (moderate)



8. Kneeling Tower (advanced)



9. The Aussie (all levels)



9 Positions I Use at My Work Station with the Move Stool

Easy Positions

- **1 - Stand** - Sometimes I feel like a security guard in this position. My legs are straight and strong. I engage my gluts and have my weight evenly distributed on both legs. Once I find myself getting tired or fidgety, then I start moving by rocking from foot to foot or going up and down on my toes. If I notice that I want to stand on one leg or cock my hip left or right, then I know it's time to move to a new position.
- **2 - Tripod** - This position is an option because I use a Varier Move stool. It is rounded on the bottom so it allows for a tilt or semi-resting position. My leg angle is still very open, but I can rest my legs a little while still maintaining good posture.
- **3 - Sit** - After two standing postures, this one feels so good at first. Staying here too long, though, starts to get tiring. Since I don't use a back rest in this sitting position, and my hip angle is at 90 degrees, the rest I felt when first sitting down doesn't last. Time to move again.
- **4 - Step** - I keep my Move stool low for this one and simply rest my left leg on it for a bit and then my right leg. Back and forth a few times keeps my hips level and supported while providing a break in position.
- **5 - Old Cow Hand** - I always imagine myself sitting on a fence post with a piece of straw in my mouth watching the cows come in when I'm in this position. It is a half sitting, half standing position. One leg dangles freely while the other provides stabilization on the floor to the side. Don't forget the other side.

Moderate Positions

- **6 - Flamingo** - This one-legged position is not only a resting position for my standing time, but it also provides a stretch. It's not ideal if you have limited knee range of motion, but keep in mind that the stool height can be adjusted for comfort.
- **7 - Pigeon** - Inspired by the yoga move on the floor, this position is a great hip stretch. Again, it may be difficult to get into at first, but adjusting the stool or angle of the foot helps.

Advanced Positions

- **8 - Kneeling Tower** - There are two of us in the office who think this is the most comfortable position. Keep in mind that it is not as steady as the others and there is a risk of falling if you aren't careful. I always hold onto my desk when in this position. It feels good to open the hip angle while resting the legs.

All Levels

- **9 - The Aussie** - I call this the Aussie because I spent a year and a half in Australia recently, and Aussies really do "go on walkabout." They may "go on walkabout" around the office. Their missing favorite pen may "go on walkabout" when they can't find it. For me, this position is critical so my eyes can rest from the screen and so my body can get a more blood flowing. So, I go refill my water, walk over to a coworker's desk, or simply to a few stretches in the doorway.