
Staying IN Your Comfort Zone



Pick up a paper, and begin to read it.

Chances are you read the paper in your *comfort zone*. The comfort zone is the area where your hands come together in front of your body, your wrists are straight, elbows are not strained, shoulders are level, and your vision is at it's best.



The further outside the comfort zone you work, the less efficient you are!

To minimize pain and maximize efficiency, work should be done in the comfort zone!

