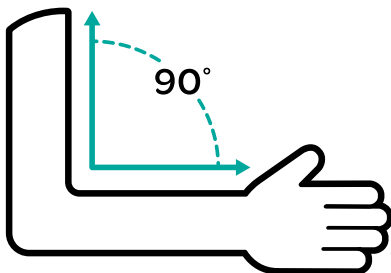


THE QUILTING COMFORT ZONE

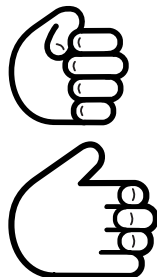
Any dedicated longarm quilter can attest to the amazing workout finishing quilts can be. As with any repetitive activity, it's important to be sensitive to your comfort level and aware of these helpful longarm quilting tips:

- 1) The correct height for a sit-down table and stand-up frame is integral to proper posture and comfort while quilting. All Handi Quilter tables and frames are height-adjustable.
- 2) When in front of the machine, your elbows should be at a right angle with hands resting comfortably on the quilt top (sit-down) or machine handlebars (stand-up).
- 3) It's easy to become enthralled in your quilting. Loosen that death grip on the handlebars! A light touch will increase the fluidity of your quilting.
- 4) Take breaks, hydrate and stretch. Step back often to admire your work.
- 5) Shift your stance from one side to the other to vary your posture and improve the quality of your quilting. The best quilting is done within the first 12 inches in front of you; don't work out of reach.
- 6) When quilting from the back of the machine, stand with your feet a hip-width apart and anchor elbows to your sides. Rotate from your ankles to maintain stability while at the machine.
- 7) Sitting at a longarm machine is fine (even recommended when micro quilting), but be sure to get a chair that is the right height for proper hand and elbow position.
- 8) A quality, supportive mat on the floor helps protect your feet, legs, and hips when standing for long periods of time while quilting.
- 9) Poor lighting causes eye strain. Consider additional lighting options if necessary.
- 10) Blink often. Plus, every twenty minutes or so, stop and focus on a distant object for 10 to 15 seconds to stretch your eyes.

2 ELBOW POSITION



3 LOOSEN GRIP



10 BLINK, STOP and FOCUS.

