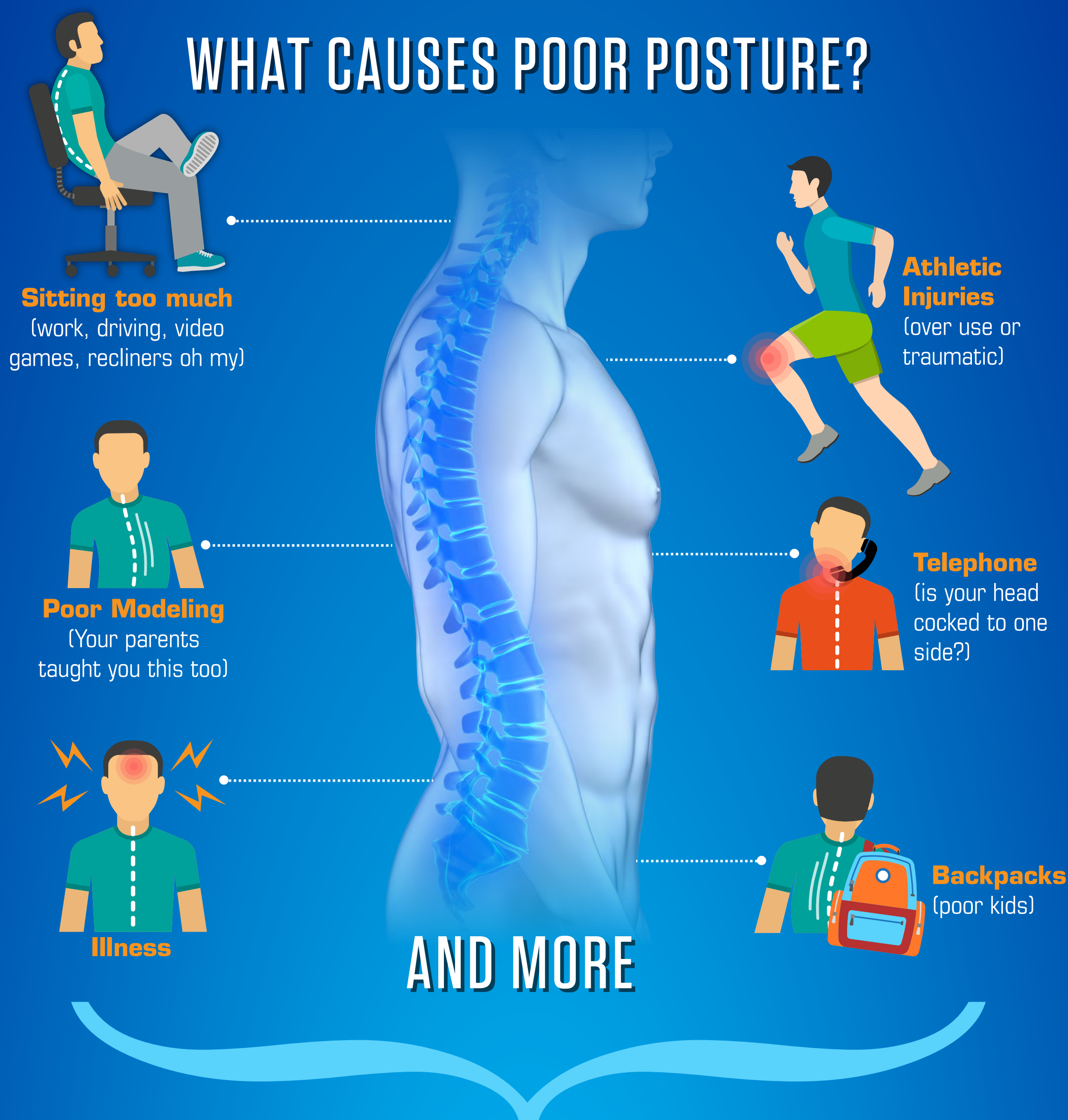


# YOUR POSTURE IS THE WINDOW TO YOUR SPINE AND A KEY TO YOUR HEALTH

## WHAT CAUSES POOR POSTURE?



## POOR POSTURE

CAN LEAD TO

- Pain
- Disability
- Fatigue
- Obesity
- Athletic Injuries
- Heart disease
- Diabetes
- Premature aging
- Pinched Nerves

## GOOD POSTURE

CAN LEAD TO

- Less pain/injury
- Increased Stamina
- More energy
- Enhance athleticism
- Hobby Enjoyment
- Boost mental clarity
- Better self Image
- Lifetime Vitality

## WHAT CAN I DO ABOUT IT?



### SIT LESS

You weren't designed to sit. Get moving



### EXERCISE

How you exercise is important. Build muscle mass



### WORKPLACE ERGONOMICS

It should support your health. Not drain it



### CHIROPRACTIC

Creates proper alignment of your spine to support your nerves. Just makes sense



### PHYSICAL THERAPY

You may need to increase your range of motion or achieve specific strength



### MASSAGE

Those muscles need some conditioning to support you.

## THE CHOICE IS YOURS!

