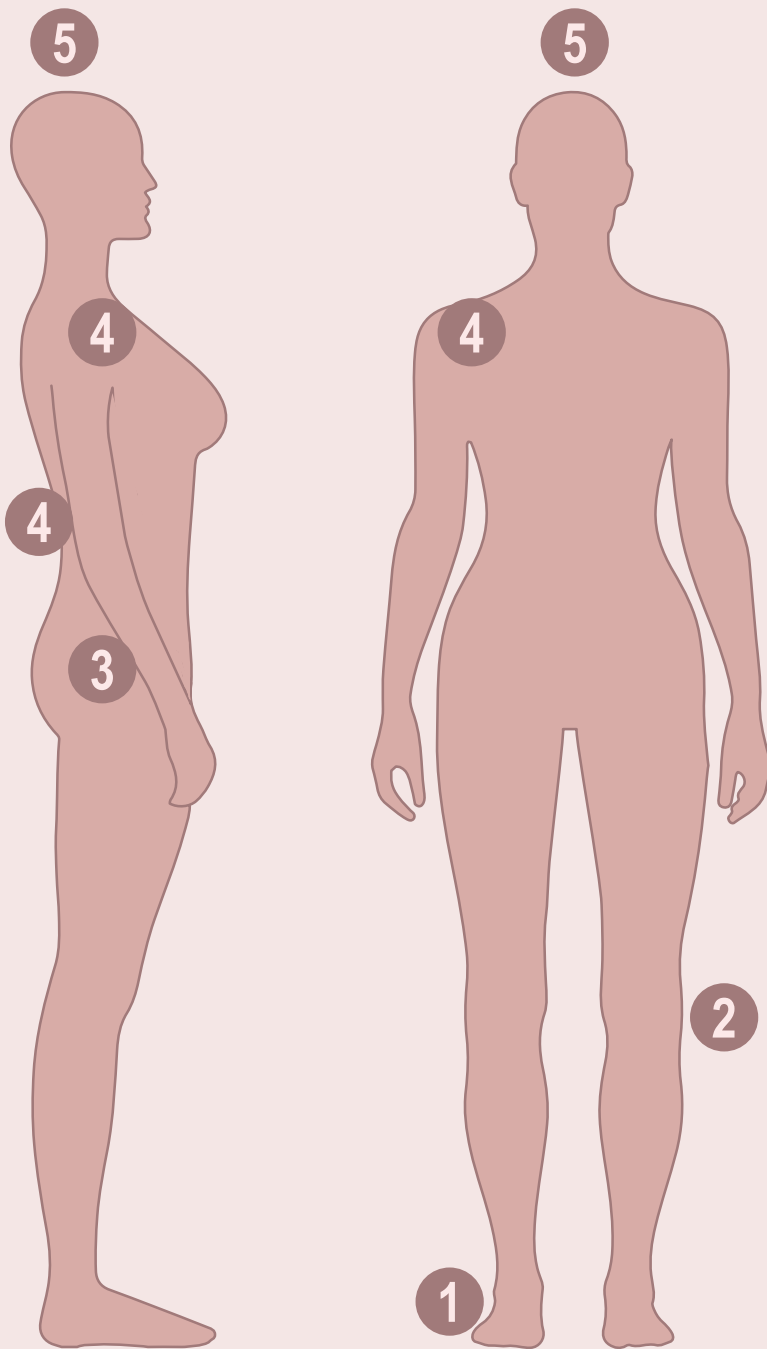
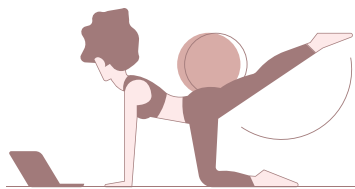


# 5 TIPS FOR PERFECT POSTURE



- 1 STAND WITH FEET PARALLEL AND HIP DISTANCE APART
- 2 SOFTEN KNEES (SLIGHT BEND)
- 3 TUCK PELVIS BY ENGAGING GLUTES AND DRAWING HIP BONES TOWARD LOWER RIBS
- 4 ROLL SHOULDERS DOWN AND BACK UNTIL PALMS FACE SIDE OF THIGH AND ELBOWS ARE DRAWN BACK
- 5 LENGTHEN UP INTO CROWN OF HEAD CREATING LENGTH IN BACK OF NECK



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FOR BETTER BACK AND SPINE HEALTH

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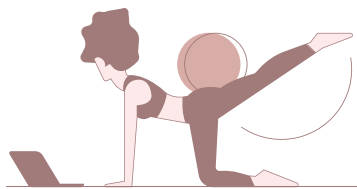


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## DID YOU KNOW?

Deep breathing is one of the body's strongest self-healing mechanisms.

It lowers blood pressure, reduces hear rate, decreases stress hormones, relieves stress, makes healthier blood, enhances physical and mental energy and improves immunity



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