Computers and cell phones have left us looking like this.

Poor posture leads to back pain, constipation, and headaches. Whether you are walking or sitting, be aware of your body.

Be a posture PRO!

What can you do?
- Hold your head up.
- Keep your shoulders down and back.
- Sit up straight.

Use headphones for your phone.
- Stand up and move around.
- Stretch.

You will feel and look stronger and more confident.