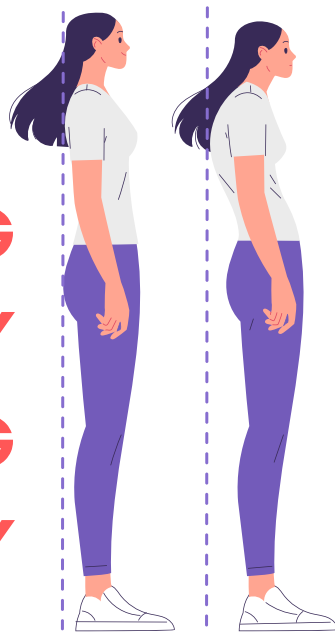


SLOUCHING IS SILENTLY WRECKING YOUR BODY



- IT STEALS YOUR ENERGY
- MESSES WITH YOUR SLEEP
- TRIGGERS PAIN YOU DISMISS AS TENSION OR STRESS.

Over 80% of adults suffer posture-related problems and never think to fix it!

Don't be one of them!
POSTURE IS HEALTH!

Welcome to your Posture Reset Challenge! Each day, complete one simple action to improve your posture. Tick it when you've completed it. Write a quick note to track how you feel. At the end of the 14-days, choose 3-5 things to incorporate into your daily life! Your body will love you for it!

14-DAY CHALLENGE: TRACK IT. CHANGE IT.

Day	Challenge Action	Notes / How You Felt
Day 1	Sit with feet flat, spine tall for 30 minutes	
Day 2	Do a 2-minute shoulder roll break (2x/day)	
Day 3	Adjust monitor height to eye level	
Day 4	Stretch your chest in a doorway (30 sec)	
Day 5	Take a 5-minute walk break midday	
Day 6	Stand while taking a phone call	
Day 7	Try a chin tuck (10 reps)	
Day 8	Set a reminder to check posture hourly	
Day 9	Stretch your hip flexors (30 sec per side)	
Day 10	Check your seated elbow angle (90° ideal)	
Day 11	Use a rolled towel for lumbar support	
Day 12	Lie on floor, arms wide, breathe deeply (3 min)	
Day 13	Do a wall angel exercise (1 min)	
Day 14	Review your progress - how do you feel?	

Bring this tracker with you to your next visit, or email us a photo of it for a bonus insight!