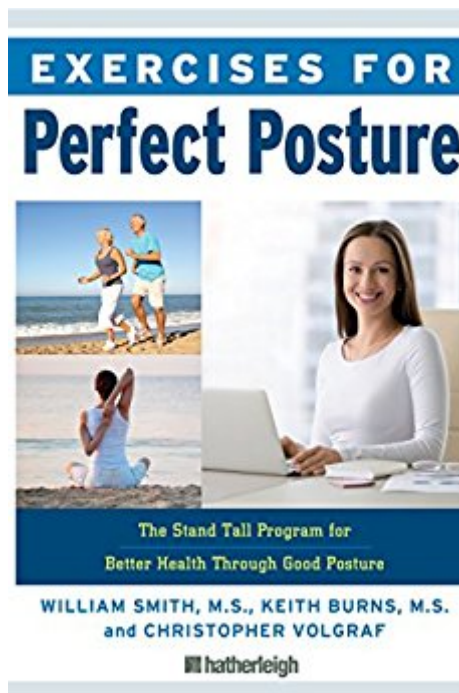




The book was found

Exercises For Perfect Posture: Stand Tall Program For Better Health Through Good Posture



Synopsis

Exercises for Perfect Posture is the complete guide to achieving healthy posture, providing everything from fitness programs and exercises designed to realign your spine and strengthen your shoulders, neck and back as well as guidance on how to redesign your work space to be more ergonomic. • Good posture is foundational to good health. Poor posture can lead to shoulder discomfort, neck pain, and even chronic conditions such as carpal tunnel syndrome if left uncorrected. Yet the modern lifestyle and the modern workplace together make it very difficult to maintain healthy, natural posture throughout the day. Humans were not meant to spend all their time sitting down, and the "disease of inactivity" has reached near-epidemic proportions. • Exercises for Perfect Posture corrects deficiencies in your posture through resistance exercises, flexibility, and cardiovascular activities that will fit any schedule. • Exercises for Perfect Posture also includes: • • • • • • • • • A detailed overview of how exercise can improve your posture • • • • • • • • • Clear, informative pictures of safe, effective exercises • • • • • • • • • Detailed instructions on how to perform each movement • • • • • • • • • A complete fitness approach to restoring posture • • • • • • • • • A training log to track your progress • Featuring expert-approved fitness techniques, with options ranging from resistance training to mobility movements, Exercises for Perfect Posture is the all-in-one resource for anyone looking to stand up straight and face life head-on! Exercise can improve your posture and health. With more and more people finding themselves working desk jobs and other largely seated, sedentary positions, the issues resulting from poor posture are only becoming more prevalent. The downsides of improper posture set the stage for health and mobility risks later on in life. • Exercises for Perfect Posture provides the physical and preventative education necessary to improve posture and health through a comprehensive fitness program for all ages. Fully illustrated and supported online at GetFitNow.com.

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