



# Achieving Proper Posture: How to Sit, Stand and Walk with Grace! (With BONUS 16 Yoga Instruction Videos!)

*Lorraine Nightingale*

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Epidemic. That's what poor posture is. From the moment you wake up to the time you retire to bed, how many times have you thought of standing correctly, sitting comfortably, or walking with grace? If you thought of it at least once, you're better than a lot of people for many neglect to even care.

Start caring today and take care of your bones and muscles. In this book, we will tackle the following:

- The importance of proper posture
- Assessment (from head to toe) – You'll be surprised at how easy it is!
- How to have proper posture when standing, sitting, walking, and changing positions (from sitting to standing)
- 10 Exercises you can do to improve your posture
- Yoga poses which will strengthen your skeletal and muscular strength (BONUS: 16 YOGA Videos, which you can download and use at home!)
- A sample action plan for 5 days!

What are you waiting for? Start caring for your posture today!

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