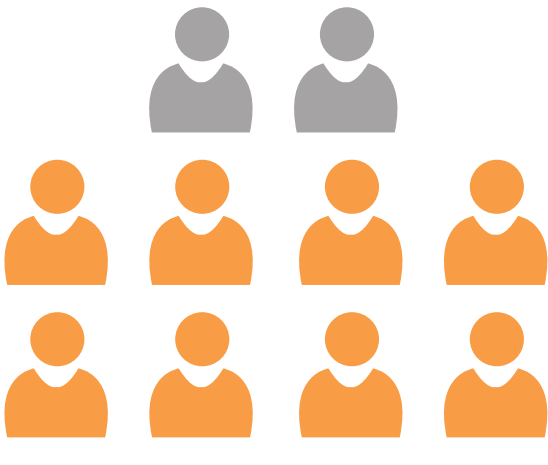


Mind Your Posture.

Reduce Back Pain.

8 out of 10



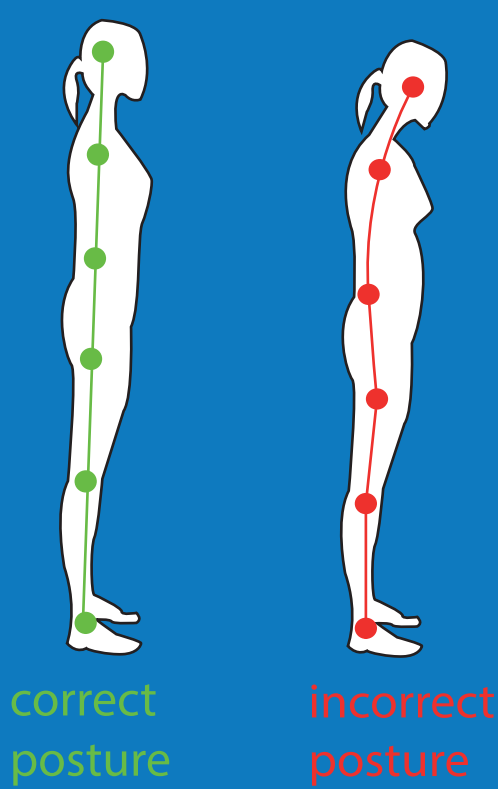
Americans will experience low back pain at some time in their lives.

>\$100B

Total cost of back pain annually.



Good posture can reduce back and neck pain, because it causes less stress to the spine.

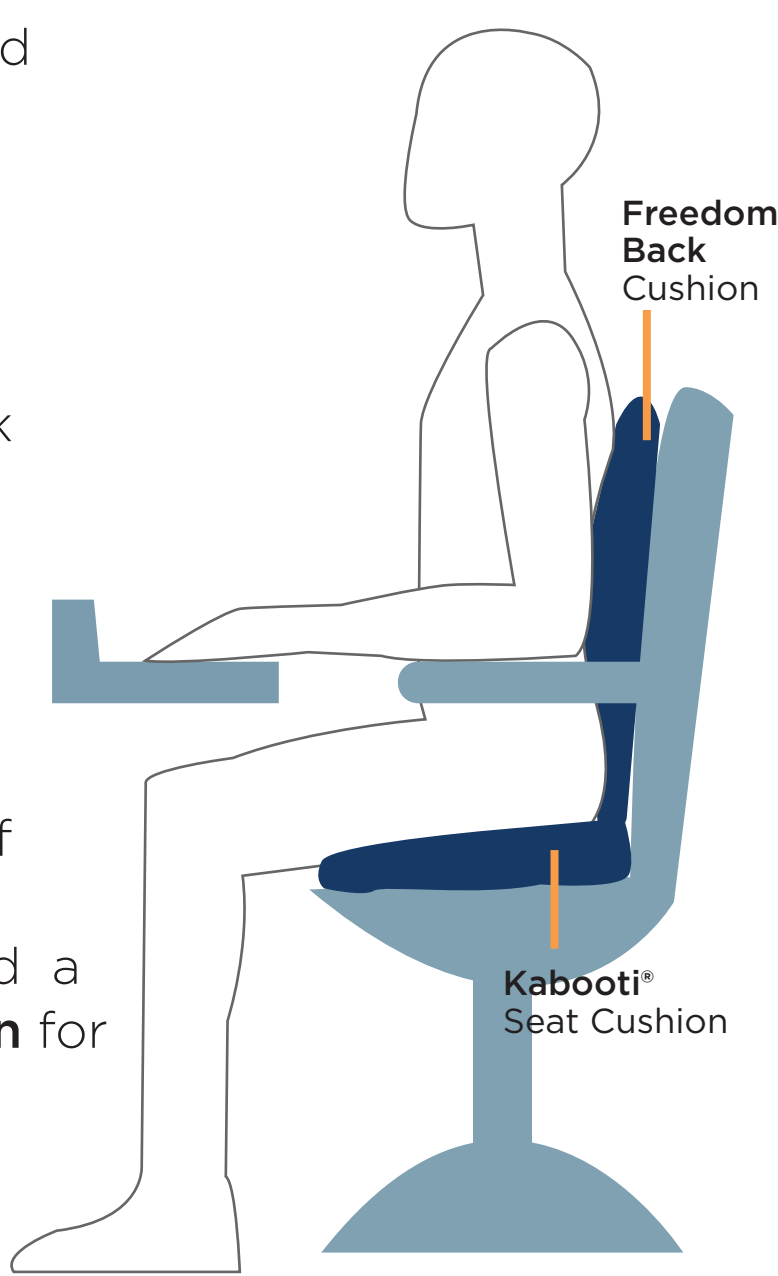


correct posture

incorrect posture

SITTING PERFECT

- 1 Head is centered & balanced over curve of your spine
- 2 Spine is supported by back of chair. For extra support add a **Freedom Back Cushion** for full length back support.
- 3 Elbows close to body, bent at a 90° - 120° angle. Allow for relaxed shoulders.
- 4 Tailbone sits toward back of chair and knees should be slightly lower than hips. Add a **Kabooti® 3-in-1 seat cushion** for perfect alignment.
- 5 Feet are flat on ground - not crossed.



REMEMBER

Take regular breaks from your desk to walk and move your body.

Other Proven Benefits of Good Posture



- Makes you look confident.
- Helps weight loss (good posture can burn up to 350 calories a day)!
- Builds a strong core.
- Opens up airways and ensures proper breathing.
- Improves mood and increases energy.



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