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BAD POSTURE PUTS PEOPLE IN A SLUMP

Author says stand up straight and add inches to your height

September is *Healthy Aging Month* and premier posture expert Janice Novak thinks it's a good time to stand up straight. People appear to be shrinking and the reality is their spinal curve is becoming more exaggerated due to bad posture.

Research shows that a slumping posture can decrease height by as much as 2-3 inches – which negatively affects breathing capacity, digestion, back health, how clothes fit and general quality of life. For the 60 million Baby Boomers faced with this problem, the great news is THIS LOST HEIGHT CAN BE RE-GAINED and health can improve by improving posture.

In her book, *Posture, Get It Straight!* Look 10 Yrs Younger, 10 Lbs. Thinner and Feel Better Than Ever *2nd edition*, Janice Novak shares a *One Minute To Better Posture Technique* that is simple to learn and will get people standing straighter in minutes.

Janice demonstrates:

- How to improve and maintain good posture for years to come
- How to look 10 years younger and 10 pounds thinner instantly
- How to rid yourself of back/neck/joint aches and pains
- How to integrate Anywhere/Anytime Exercises into a busy lifestyle

Janice Novak, M.S. is considered this country's premier posture expert. She is an international acclaimed author, speaker and wellness consultant. Janice developed her unique posture program over twenty years of teaching workshops. She holds a master's degree in health & physical education and has been featured in national publications and on national television.

To request a review copy of *Posture, Get It Straight!*, arrange an interview, or for other information, contact Janice Novak at 1-800-756-7934 or Janice@ImproveYourPosture.com.

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AUTHOR REVEALS THE SECRET TO LOOKING 10 POUNDS THINNER AND 10 YEARS YOUNGER

Posture expert Janice Novak, M.S. says that people can beat the effects of aging and instantly look younger and thinner by improving their posture. She claims that they will feel a lot better too, since poor posture is a leading cause of backaches and headaches.

After years of slouching and slumping, many people think their posture is hopeless, but a new program is making it possible for them to enjoy the rewards of better posture starting the first day. In her book ***POSTURE, GET IT STRAIGHT! 2nd edition***, author Janice Novak presents a fully illustrated guide that shows readers how to beat bad posture and beat the effects of aging. She demonstrates easy strengthening exercises that get immediate results.

POSTURE, GET IT STRAIGHT! will help readers:

- *Stand straighter instantly with her “One Minute To Better Posture” technique
- *Look younger and thinner
- *Instantly lose an inch or more around your middle
- *Prevent and get rid of back and neck pain
- *Work more comfortably at your computer
- *Improve athletic performance and decrease chance of injury
- *Improve breathing, circulation and digestion
- *Radiate health, vitality and confidence
- *Integrate Anywhere/Anytime exercises into even the busiest schedule

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**NEW RESEARCH SHOWS WORKING AT THE COMPUTER CAN
BE HARMFUL TO YOUR HEALTH!**

Author Reveals the ABC's of Computer Comfort

Posture expert Janice Novak, M.S. addresses the growing problem of workplace injury and discomfort. *"Millions of Americans are spending an increasing number of hours sitting at computers,"* says Novak *"and it is having a profound effect on their physical well being."* According to the U.S. Bureau of Labor Statistics, back, shoulder, neck and wrist problems from working at a computer have risen 80% since 1990.

In her book, ***POSTURE, GET IT STRAIGHT!***, ***Janice Novak*** addresses the growing problem of workplace injury and discomfort. She demonstrates:

- How to decrease muscle stress and strain with the ABC's of Computer Comfort
- How to work longer and more comfortably at your laptop computer
- Good computer chair posture
- How to avoid carpal tunnel problems
- Simple exercises/stretchches that can be done right at your desk to counteract stress and strain

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AUTHOR TEACHES GOLFERS HOW TO IMPROVE THE POWER BEHIND THEIR SWING!

Think expensive clubs will improve the power behind your swing and drive? Think again. Many people desperately want to improve their game and spend lots of money on state-of-the-art clubs to increase power behind their swing. Posture expert Janice Novak, M.S. says that some fail to realize that IMPROVING POSTURE can have the MOST IMPACT not only the swing but on the power behind the swing.

Golfing experts agree that a slouching posture greatly harms your game by decreasing your shoulder turn as well as your axis of rotation for the swing. Research has shown the ability to turn your shoulders on the back swing equals your power potential and that good golfing posture will result in longer drives and more consistent ball striking.

Janice Novak, author of ***POSTURE, GET IT STRAIGHT!*** demonstrates:

- How simple posture changes can improve swing and the power behind swing
- How to exponentially improve your golf game
- How posture can be your SECRET WEAPON
- How to keep spine in line for longer drives and more consistent ball striking
- How to perform the 'Well Balanced Golfer' exercise

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AUTHOR REVEALS HOW TO INSTANTLY LOSE 1 – 2 INCHES OFF THE WAISTLINE WITHOUT EXERCISING!

Think you'd look better if you could just lose 10 pounds? Well, stand up straight! Posture expert Janice Novak, M.S. says most people don't know that poor posture can make you look 10 pounds heavier. According to Novak, "*a slumping rib cage presses down on internal organs forcing the mid-section to widen 1-2 inches and the belly to protrude.*"

Research from the University of Louisville reveals that viewers consistently rated a 125-pound woman with good posture as thinner than a 105-pound woman of the same height with poor posture. Novak concurs that improving posture will instantly slim the waistline by an inch or more and she teaches people how to make it happen.

Janice Novak, author of the highly acclaimed book, *Posture, Get It Straight!*, 2nd edition, has a *One Minute To Better Posture Technique* that is simple to learn and will get people standing straighter instantly! She can demonstrate:

- How to look 10 pounds thinner instantly
- How to get clothes to fit better
- How to look and move more gracefully

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