

Improve Posture & Relieve Strain

*Lifestyle Strategies to Improve Posture,
Increase Mobility, Reduce Body Strain*

Slow Deep Breathing

15 minutes daily while
you stretch will help



Improve Spinal Flexibility



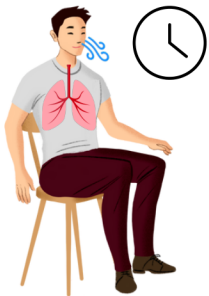
Improve Posture



Increase Chest Mobility

Slow Deep Breathe

*Try this as you wait. Pace your breathing To BreathNote music
for 5-20 minutes to improve your posture.*



Scan QR code

or visit www.BreathNote.com/proclinic-playlist.html

Passkey: 1BREATH23



Why Breathing Impacts Your Posture

- *Your diaphragm, your primary breathing muscle, attaches to both your rib cage and your spine, giving it a secondary function as a **postural stabilizer**.*
- *Head & shoulder blade position are adversely affected by **poor breathing mechanics**.*



Stand tall. Straighten your spine, move your shoulders down to a natural resting position & gently tighten your stomach muscles.



Lie flat on the ground for 2-3min. daily



Exercise regularly



Use technology with a healthy posture. Position devices at eye level