

7 STEPS TO *StrongPosture*[®]

Stand Taller
in everything you do

Posture-aware
Balance

STEP1
**STRONG
BALANCE**



STEP2
**BACK IN
ALIGNMENT**



Combat forward
head neck stress

Improve
core control

STEP3
**MOVE
WELL**



STEP4
**BREATHE
STRONG**



Learn fuller
breathing

Triumph over
posture collapse

STEP5
**STAND
TALLER**



STEP6
**ACE YOUR
POSTURE**



Sit, stand
& move well

StrongPosture
LifeHabits & Mindsets

STEP7
**LIVE TALLER
& HAPPIER**



The 7 step online program
guides you to strengthen subtle
movements to boost fitness &
energy in just 10 minutes a day.
On your own or with a PRO.

Your Posture is important!

WWW.STRONGPOSTURE.COM

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Postural aches & pains

Daily muscle & joint imbalances will stretch, stress & compress your body's structure.



StrongPosture®
Strengthens posture to

- Relieve neck & back pain ◀
- Improve balance ◀
- Breathe & move better ◀

**Take control of your posture
to look & feel younger!**