

## 6 Ways StrongPosture<sup>®</sup> improves your mood

Have You Done Your Posture Exercises Today?



*Schedule a posture picture assessment today!*

“Physical change in the body affects embodied attitudes. By helping children and teens strengthen posture, we give them a physical foundation for a happier life.”

*Dr. Steven Weiniger, Stand Taller Live Longer*

*Research studies show simply improving posture leads to:*

- 1 A more positive outlook
- 2 Increased confidence
- 3 Greater ability to think optimistically
- 4 Reduced stress and muscle tension
- 5 Higher levels of energy
- 6 Sense of balance and well-being

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