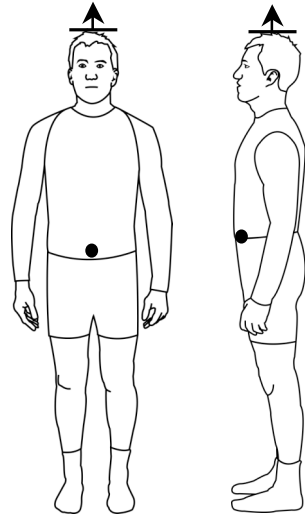


POSTURE EXERCISE



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| <ul style="list-style-type: none">• Elongate and stabilize spine by imagining balancing a tray on your head, then press tray to ceiling. |
| <ul style="list-style-type: none">• Tighten abdominal muscles. |
| <ul style="list-style-type: none">• Breathe Normally. |
| <ul style="list-style-type: none">• Hold stretch for 20 seconds. Repeat 2 times. |