

THE PERILS OF SITTING

POSTUREZONE

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HEAD & NECK

- Neck Pain
- Headaches
- Tight Shoulders

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TORSO & ARMS

- Upper Back Ache
- Mid-Back Burning
- Shallow Breath
- Arm or Hand Tingling

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LOW BACK & PELVIS

- Low Back Discomfort
- Sacroiliac Pain
- Sore & Stiff Hips

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LEGS & FEET

- Sciatica Nerve Pain
- Throbbing Knees
- Aching Feet
- Toe Numbness

See a professional for a posture assessment or download the FREE PostureZone app. (iTunes)

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Take frequent posture stretch breaks and check your PostureZone alignment monthly.