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Contact: JANICE NOVAK
800-756-7934
www.ImproveYourPosture.com

BAD POSTURE PUTS PEOPLE IN A SLUMP

Author says stand up straight and add inches to your height

September is *Healthy Aging Month* and premier posture expert Janice Novak thinks it's a good time to stand up straight. People appear to be shrinking and the reality is their spinal curve is becoming more exaggerated due to bad posture.

Research shows that a slumping posture can decrease height by as much as 2-3 inches – which negatively affects breathing capacity, digestion, back health, how clothes fit and general quality of life. For the 60 million Baby Boomers faced with this problem, the great news is THIS LOST HEIGHT CAN BE RE-GAINED and health can improve by improving posture.

In her book, *Posture, Get It Straight!* Look 10 Yrs Younger, 10 Lbs. Thinner and Feel Better Than Ever **2nd edition**, Janice Novak shares a *One Minute To Better Posture Technique* that is simple to learn and will get people standing straighter in minutes.

Janice demonstrates:

- How to improve and maintain good posture for years to come
- How to look 10 years younger and 10 pounds thinner instantly
- How to rid yourself of back/neck/joint aches and pains
- How to integrate Anywhere/Anytime Exercises into a busy lifestyle

Janice Novak, M.S. is considered this country's premier posture expert. She is an international acclaimed author, speaker and wellness consultant. Janice developed her unique posture program over twenty years of teaching workshops. She holds a master's degree in health & physical education and has been featured in national publications and on national television.

To request a review copy of *Posture, Get It Straight!*, arrange an interview, or for other information, contact Janice Novak at 1-800-756-7934 or Janice@ImproveYourPosture.com.