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AUTHOR REVEALS HOW TO INSTANTLY LOSE 1 – 2 INCHES OFF THE WAISTLINE WITHOUT EXERCISING!

Think you'd look better if you could just lose 10 pounds? Well, stand up straight! Posture expert Janice Novak, M.S. says most people don't know that poor posture can make you look 10 pounds heavier. According to Novak, "*a slumping rib cage presses down on internal organs forcing the mid-section to widen 1-2 inches and the belly to protrude.*"

Research from the University of Louisville reveals that viewers consistently rated a 125-pound woman with good posture as thinner than a 105-pound woman of the same height with poor posture. Novak concurs that improving posture will instantly slim the waistline by an inch or more and she teaches people how to make it happen.

Janice Novak, author of the highly acclaimed book, *Posture, Get It Straight!*, 2nd edition, has a *One Minute To Better Posture Technique* that is simple to learn and will get people standing straighter instantly! She can demonstrate:

- How to look 10 pounds thinner instantly
- How to get clothes to fit better
- How to look and move more gracefully

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 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.