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**NEW RESEARCH SHOWS WORKING AT THE COMPUTER CAN  
BE HARMFUL TO YOUR HEALTH!**

*Author Reveals the ABC's of Computer Comfort*

Posture expert Janice Novak, M.S. addresses the growing problem of workplace injury and discomfort. *"Millions of Americans are spending an increasing number of hours sitting at computers,"* says Novak *"and it is having a profound effect on their physical well being."* According to the U.S. Bureau of Labor Statistics, back, shoulder, neck and wrist problems from working at a computer have risen 80% since 1990.

In her book, ***POSTURE, GET IT STRAIGHT!***, ***Janice Novak*** addresses the growing problem of workplace injury and discomfort. She demonstrates:

- How to decrease muscle stress and strain with the ABC's of Computer Comfort
- How to work longer and more comfortably at your laptop computer
- Good computer chair posture
- How to avoid carpal tunnel problems
- Simple exercises/stretchches that can be done right at your desk to counteract stress and strain

**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](mailto:Janice@ImproveYourPosture.com).**