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

AUTHOR REVEALS THE SECRET TO LOOKING 10 POUNDS THINNER AND 10 YEARS YOUNGER

Posture expert Janice Novak, M.S. says that people can beat the effects of aging and instantly look younger and thinner by improving their posture. She claims that they will feel a lot better too, since poor posture is a leading cause of backaches and headaches.

After years of slouching and slumping, many people think their posture is hopeless, but a new program is making it possible for them to enjoy the rewards of better posture starting the first day. In her book ***POSTURE, GET IT STRAIGHT! 2nd edition***, author Janice Novak presents a fully illustrated guide that shows readers how to beat bad posture and beat the effects of aging. She demonstrates easy strengthening exercises that get immediate results.

POSTURE, GET IT STRAIGHT! will help readers:

- *Stand straighter instantly with her “One Minute To Better Posture” technique
- *Look younger and thinner
- *Instantly lose an inch or more around your middle
- *Prevent and get rid of back and neck pain
- *Work more comfortably at your computer
- *Improve athletic performance and decrease chance of injury
- *Improve breathing, circulation and digestion
- *Radiate health, vitality and confidence
- *Integrate Anywhere/Anytime exercises into even the busiest schedule

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 other information, contact Janice Novak at 1-800-756-7934 or Janice@ImproveYourPosture.com.