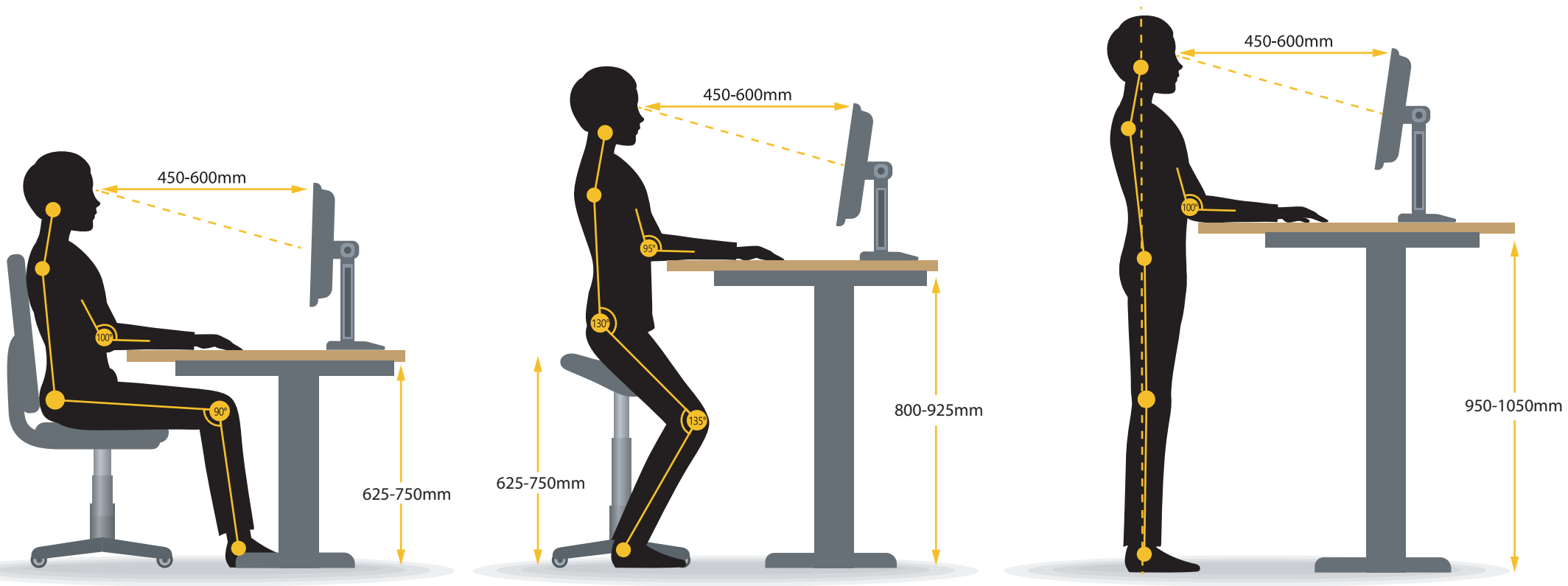


# IMPORTANCE OF POSTURE

16% of the population suffer from lower back pain



Shoulders relaxed



Straight back



Circulation in legs



Healthy hip and knee joints



Feet flat on the floor