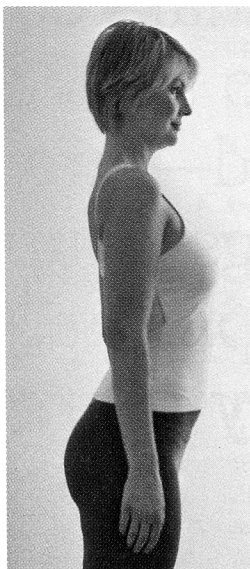


CLASSIC SLOUCH

Weak abdominals lead to the slouch. The chin juts out, the back of the neck shortens, and the pelvis tucks.

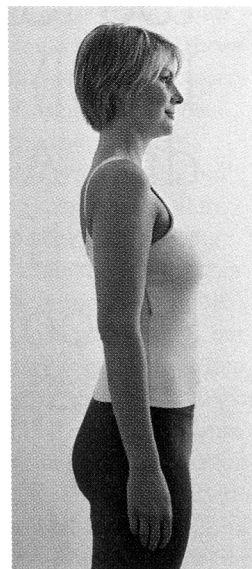
Leads to: Lower-back pain.



SWAYBACK

Trying to stand straight, some people pull their shoulders back and push their pelvis back.

Leads to: Pain in the neck and the upper back.



STANDING TALL

Lift your head, drop your shoulders, let your hands hang, and gently contract and lift your abs.

Leads to: A strong back; easier breathing.