



Our modern lifestyles have helped us in many ways but have also produced some serious consequences. In fact, sitting has become the new smoking.

Maintaining good posture, flexibility and muscle tone are essential elements to preserving your quality of life.

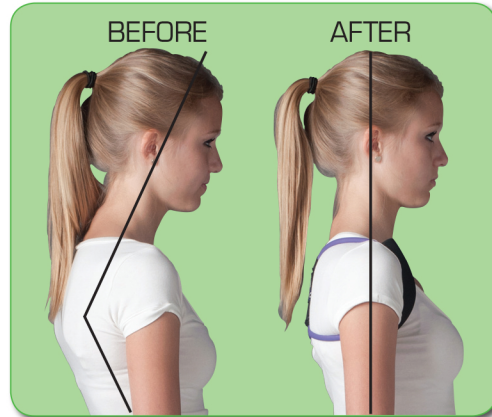
Posture Medic can help you achieve better posture.

Let us help to find your perfect size, so you can start improving your posture today.

Every **BODY** Needs One



Patented. Sold globally.



Improving your posture can:

- Reduce pain in your back and neck
- Increase your range of motion
- Increase blood flow to the heart
- Reduce blood pressure
- Improve breathing
- Improve nerve signals from the spine
- Reduce fatigue and improve sleep
- Reduce the risk of joint damage

STRETCH • STRENGTHEN • STABILIZE

**IMPROVE YOUR POSTURE.
IMPROVE YOUR HEALTH.**

www.posturemedic.com



**IMPROVE YOUR POSTURE.
IMPROVE YOUR HEALTH.**

Office



Car



Home



Use at work, home, car or anywhere else your tend to slouch

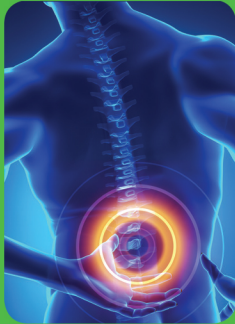
- Use & Wear Anywhere
- Immediate Results
- Adult & Child Sizes
- Most Physical Abilities



Great for:

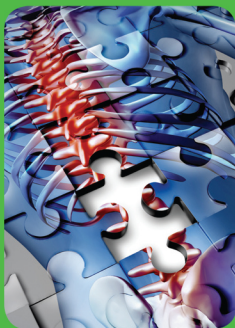
- Gamers & constant texters
- Students
- Office workers
- Taxi & truck drivers
- Assembly line or industrial staff
- Athletes & weekend warriors
- Seniors





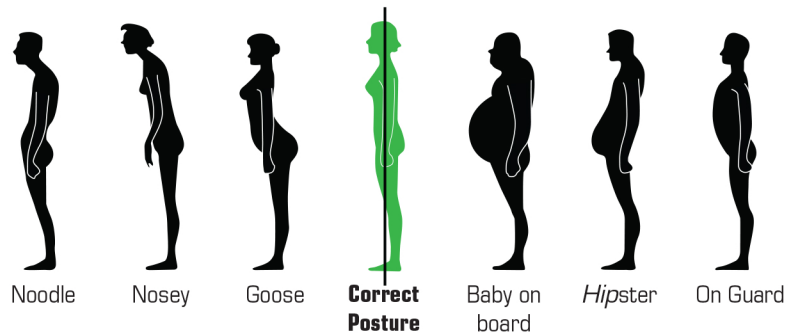
Back pain is the leading cause of disability in adults aged 30 to 50.

**Every
BODY
Needs
One**



Your body has an incredible capacity to heal itself. So any postural damage you may have done can probably still be corrected.

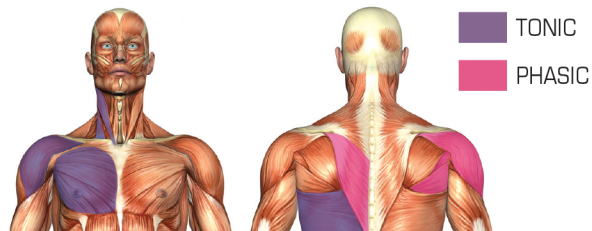
Where do you stand?



Our bodies are negatively impacted from long periods of sitting or inactivity. In addition, most people do not maintain proper posture while using a computer, driving, watching television, walking, standing etc. Poor posture arises for two main reasons:

Tight Tonic Muscles - Your tonic muscles are responsible for holding your posture. They can constrict and tighten making it more difficult to achieve and maintain correct posture.

Weak Phasic Muscles - Your phasic muscles are used for dynamic movement. They can weaken and lengthen, making you more prone to slouching.



One cannot simply rely on being conscious of poor posture by periodically remembering to sit or stand up straight. To offset our modern lifestyle, we need to actively care for our postural muscles. The Posture Medic was created for this purpose.



One Simple Tool Does It All

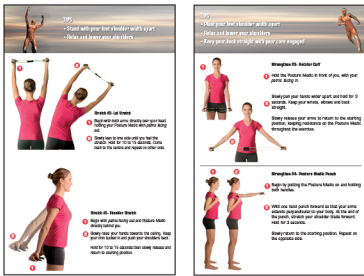




Stretch Release tense muscles to improve posture and increase your range of motion

Strengthen Simple exercises that focus on strengthening muscles associated with maintaining correct posture

Stabilize Wear the Posture Medic to gently remind you to maintain better posture



Comes with a fully illustrated, postural and exercise guide

Exercises are easy and can be done in small spaces

Just a few minutes of stretching per day can make a big difference

Original Strength Posture Medic is recommended for most individuals. **PLUS Strength** is recommended for athletes or for people who are regularly engaged in strength training.

	lbs	70	80	90	99	110	121	132	141	150	160	170	180	190	200	209	220	231	240
	KG	32	36	41	45	50	55	60	64	68	73	77	82	86	91	95	100	105	109
4'8"	142 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'9"	145 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'10"	147 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
4'11"	150 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'	152 CM	XS	XS	XS	XS	XS	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'1"	155 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'2"	157 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'3"	160 CM	XS	XS	XS	S	S	S	S	S	M	M	M	L	L	L	L	XL	XL	XL
5'4"	163 CM	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
5'5"	165 CM	S	S	S	S	S	S	S	M	M	M	M	L	L	L	L	XL	XL	XL
5'6"	168 CM	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
5'7"	170 CM	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
5'8"	173 CM	-	-	-	M	M	M	M	M	M	M	M	L	L	L	L	XL	XL	XL
5'9"	175 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
5'10"	178 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
5'11"	180 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
6'	183 CM	-	-	-	L	L	L	L	L	L	L	L	L	L	L	L	XL	XL	XL
6'1"	185 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'2"	188 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'3"	190 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL
6'4"	193 CM	-	-	-	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL

Size chart does not factor in oversized chest girth.

- Original Strength**
- LIGHT BLUE X-Small
- RED Small
- GREEN Medium
- YELLOW Large
- BLACK X-Large
- PLUS Strength**
- PURPLE Small
- BLUE Medium
- SILVER Large
- ORANGE X-Large

STRETCH



STRENGTHEN



STABILIZE



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