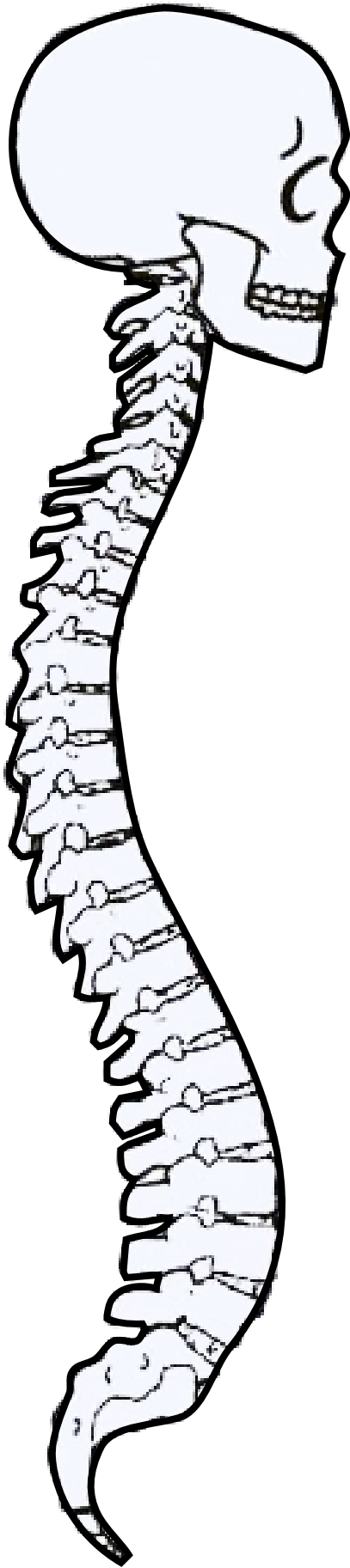


BAD POSTURE



HEAD TOP
SUSPENDED

STRAIGHT
SPINE

TUCK IN
TAILBONE

