

FOR IMMEDIATE RELEASE

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## **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! 2<sup>nd</sup> 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](mailto:Janice@ImproveYourPosture.com).**