

Interrupt Yourself Stack Your Bones

Hey there, my friend.

→ **Posture isn't a one-time fix — it's a practice. ✓**

You'll catch yourself slouching, hunching, or
craning your neck forward a hundred times a day.
That's not failure, that's awareness.

**Every time you realign, you teach your body a new normal
and break the cycle of stress it's stuck in.**

Get up. Stretch. Wave your arms in the air like you just don't care.
Then actually care, because this is how you keep your body from rebelling.

Literally interrupt your body's stuck position. All. Day. Long. ←

Fun, and slightly horrifying, fact: Your head weighs about 10 pounds.
That's basically a bowling ball perched on your spine.
For every inch you crane forward, you add 10 pounds of pressure to your neck.
Look down at your phone? That's two bowling balls. Slump at your desk?
Three or four. No wonder your neck's cranky.

**Sit tall, stack your bones, channel your inner ballerina.
Bonus: you'll look and feel more confident,
and you'll have space to breathe — hello, calmer nervous system.**

So please, don't wait until you're slumped over
like a wilting flower before you take action.

**Healing your body is an essential step to reclaiming your power
and living the energetic, strong, and life you deserve. ★**



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Posture isn't a one-time fix — it's a practice, and awareness is key.
→ Print and place "Posture Patrol" in a visible spot as your daily reminder.

Protect yourself and correct yourself (your posture, that is).
Your future self will thank you. ✓



Ready for your next step?
Get The Luminary — your free, feel-good guide
to energize your life with ease.
(It's your permission slip to opt out of the chaos and into you.)
Plus, you'll find more encouragement, tools, and gentle nudges at

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