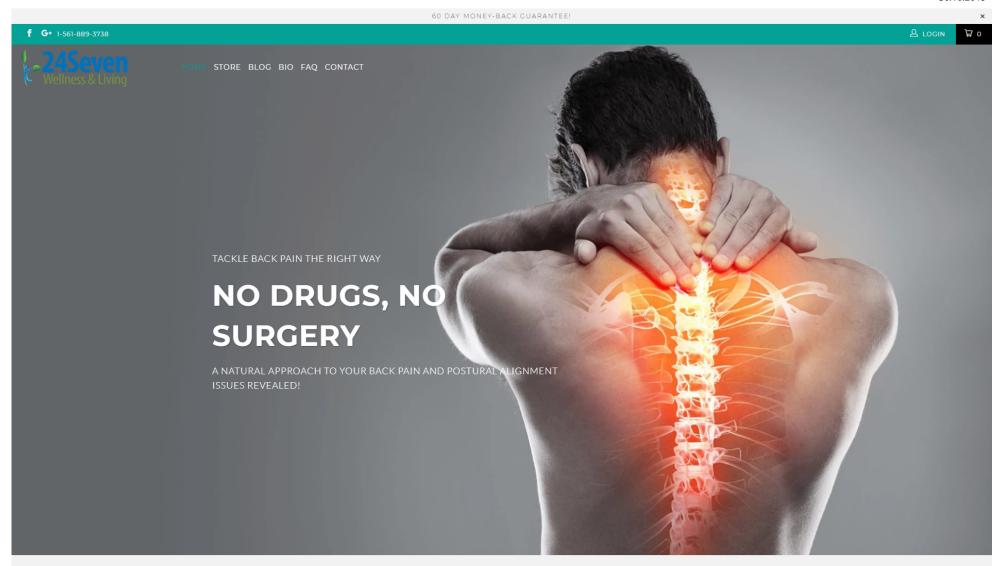
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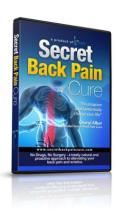


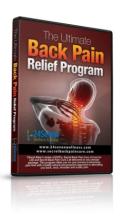


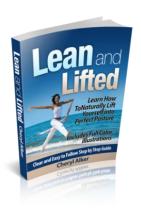


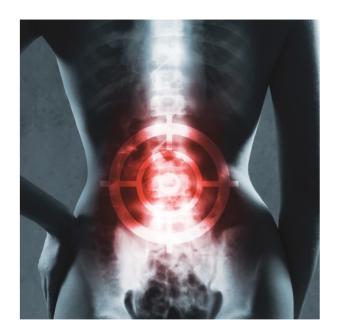


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More than 80% of the population will suffer with some form of back pain at least once in their lifetime. As staggering and worrying a statistic as that is, back pain is also the most frequent cause of activity limitation in people younger the 45 years old! One of the most common areas of the spine that is affected by pain is the lumbar spine with lower back pain affecting over half of all back pain sufferers.

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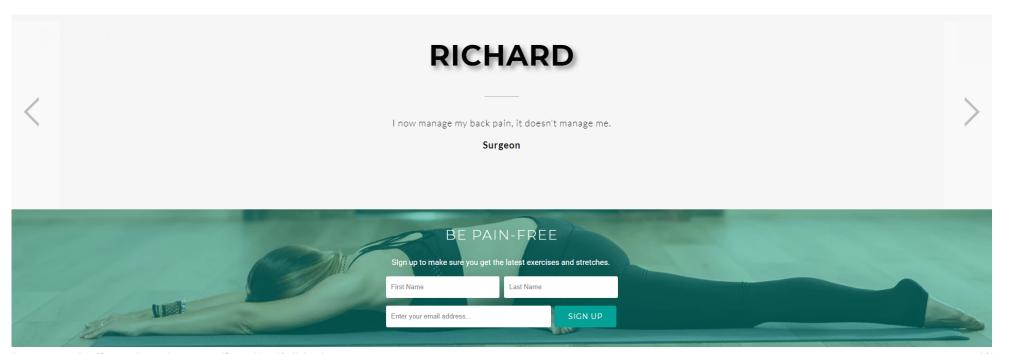
POOR POSTURE = PAIN

Surprised? Well, don't be, you are not alone. The benefits of good posture may be among one of the best kept secrets of the current fitness and wellbeing world. Posture ranks right up at the top of the list when you are talking about good health. It is as important as a healthy diet, exercising, getting a good night's sleep and avoiding potentially harmful substances like alcohol, drugs and tobacco.

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