

Photos of Workstation

**PROTECT & HEAL YOUR SPINE BY  
REPLACING BAD HABITS WITH GOOD!**

Replacing bad habits is a CRUCIAL step in holding your new posture patterns and adjustments!

BETTER POSTURE = LONGER LIFE!

**Action Step #1:** Have a co-worker/friend/family member take 2 pictures of you at your work/hobby station in any position you are in for more than 2 hours/day (one picture from side and one from behind - per position)

**Action Step #2:** Email pictures to [support@sb-fc.com](mailto:support@sb-fc.com) so that Dr. Nick can make notes and review with you!

\*Please do not change anything prior to pictures and act natural so we can get the most reliable data.

In a month, you will send us the same picture series with the modifications.

Examples:

