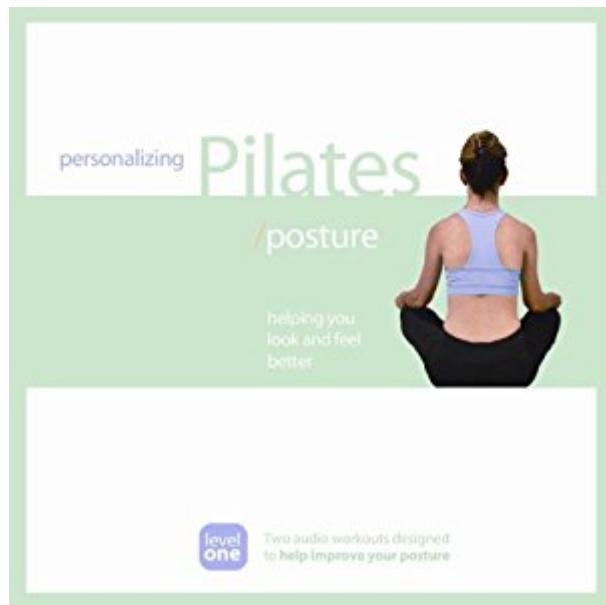


The book was found

# Personalizing Pilates: Posture Improvement



## Synopsis

I know that posture is one of those things in life that doesn't seem to be really important, but the truth is that poor posture can have negative health effects. Pain and discomfort are the most common side effects of poor posture. Besides that, poor posture makes you look a lot older than you are. Try my Personalizing Pilates: Posture Improvement audio workout and you'll quickly feel and see changes in your posture. You'll feel and look taller (even thinner!) and the aches and pains will start to decrease. The Personalizing Pilates: Posture Improvement workout program includes three files. First is the free Ab Tutorial, which is a short workout that teaches you how to find and engage your deepest, supportive abdominal muscles. These muscles are important because they support the spine and flatten the tummy! In the posture improvement workout, my voice guides you through a gentle Pilates workout that focuses on strengthening your abdominals, stretching your tight neck and shoulders and strengthening your upper back. The result? You'll sit and stand straight with less effort and discomfort. For those of you who are visual learners, a photo-illustrated document is included that shows the exercises in the order in which they are taught. This workout was created by and is taught by Sherry Lowe-Bernie, owner of Personalizing Pilates. Sherry is a PMA Certified Pilates Teacher, which means that you are working with one of the best Pilates teachers you can find. Sherry has over 10 years experience teaching Pilates and over 25 years teaching fitness. Sherry used to have the world's worst posture before she started doing Pilates. Not anymore!! This workout works.

## Book Information

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