

# Rest, relief, energy, vitality -- achieved with Posture Board!

## WHAT IS THE POSTURE BOARD?

Posture Board is the invention of a woman with vision. Its principle is so simple, so sure, so sensible you'll be amazed that no one thought of it before. Doctors have recommended it. Physical Education teachers have urged it, but not until *Posture Boards* were introduced was it possible to achieve scientific rest and relaxation.

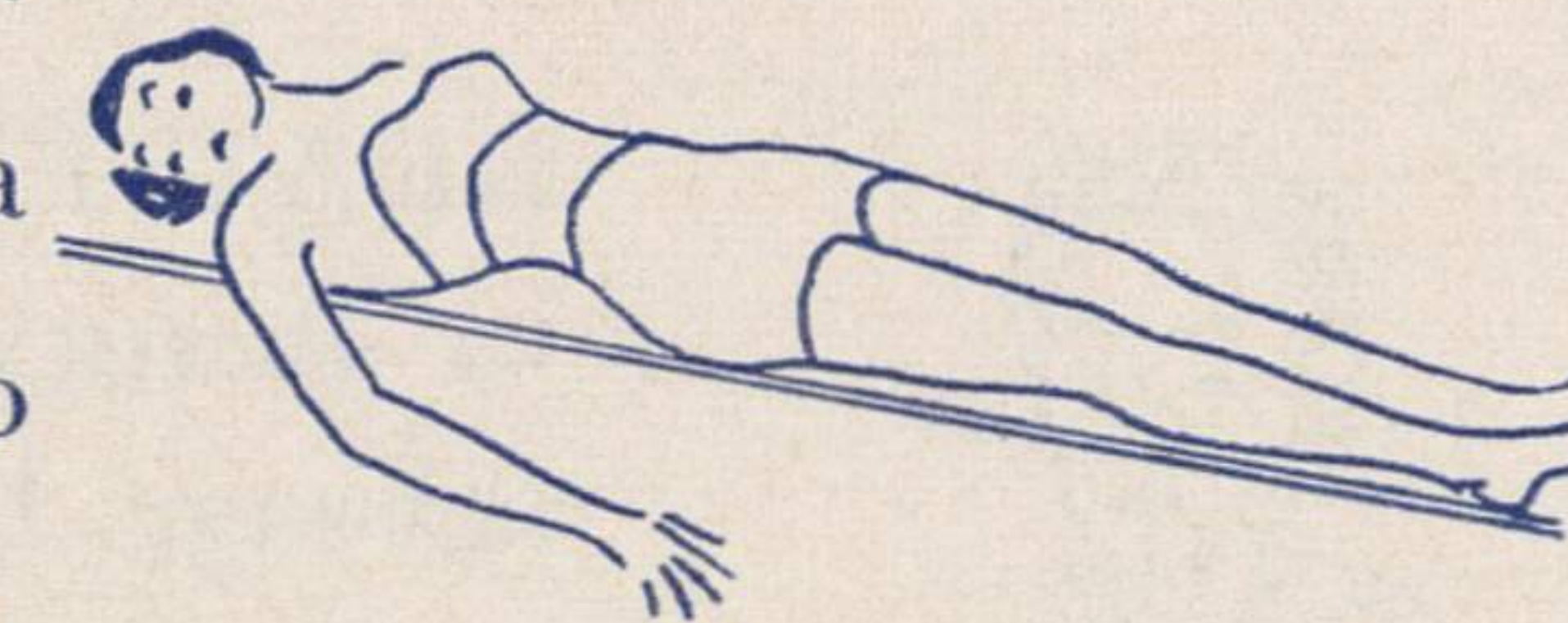
## HOW DOES THE POSTURE BOARD WORK?

Lie flat on your back. Head back and knees up. Comfortable, relieved, relaxed. Backache, tense muscles, strained nerves vanish. Ten to fifteen minutes a day turns the trick. Posture Board folds flat when not in use. Compact, light weight, it slides in a closet.



## WHAT DOES THE POSTURE BOARD DO?

Well known is the fact that a flat spine is the key to complete relaxation. It is not enough to lie straight on a flat surface. The spine refuses to straighten out, muscles remain taut, the position is something like this:



Posture Board relieves this strain and tension, encourages complete relaxation. Legs are suspended, taking all tension from their muscles. The pelvis is rolled forward. The spine automatically flattens. Strain disappears from the abdominal walls. The chest is raised, deep diaphragmatic breathing results. Complete, *scientific* rest and relaxation!

