

THE POSTURE RESET

by gFit

YOUR SPINE SENT A MESSAGE

1

DEAR BRAIN. THIS IS THE THIRD TIME I'M WRITING THIS MONTH. WE'VE BEEN STARING AT THE PHONE FOR 6 HOURS, AND MY NECK MUSCLES ARE OVERLOADED. PLEASE PAY ATTENTION.

GOT IT. WILL DEAL WITH IT LATER, WATCHING REELS RIGHT NOW.

REELS >>> REPEAT

WHEN YOU LOOK DOWN AT YOUR PHONE, YOUR NECK CARRIES 27 POUNDS. THAT'S LIKE WALKING AROUND ALL DAY WITH A CHILD ON YOUR SHOULDERS.

2

URGENT. 27 POUNDS EVERY DAY IS NO JOKE. MY NECK MUSCLES ARE SHORTENING AND WEAKENING. THIS IS EXACTLY HOW TECH NECK FORMS, AND WE DON'T WANT THAT.

UNDERSTOOD. BUT FIRST THE EMAILS, THEN THE NEWS, AND THEN I'LL DEFINITELY DEAL WITH YOU.

TECH NECK FORMS GRADUALLY OVER THE YEARS WITHOUT YOU NOTICING. BY THE TIME IT BECOMES VISIBLE, THE PROCESS HAS ALREADY BEEN GOING ON FOR A LONG TIME.

3

FINALLY! I NEED REGULAR BREAKS AND 15 MINUTES OF EXERCISE EVERY DAY. THAT'S THE MINIMUM.

I RECEIVED A COMPLAINT. SPINE, PLEASE SHARE THE DETAILS. BRAIN, PHONE ON THE TABLE, PLEASE.

HR MANAGER

THE NECK AND UPPER BACK MUSCLES NEED REGULAR MOVEMENT TO STAY IN BALANCE.

4

FINALLY. I WAS STARTING TO THINK NOBODY COULD HEAR ME.

DEAL. 15 MINUTES OF EXERCISE EVERY DAY, PHONE AT EYE LEVEL, AND A BREAK EVERY HOUR. SORRY, IT TOOK SO LONG.

POSTURE AGREEMENT

- ☒ 15 MINUTES OF EXERCISE EVERY DAY
- ☒ PHONE AT EYE LEVEL

5 DAYS OF 15 MINUTES, AND YOUR POSTURE STARTS TO IMPROVE. THE BRAIN AND SPINE ARE FINALLY ON THE SAME TEAM.

YOUR SPINE FILED A COMPLAINT. TIME TO TAKE IT SERIOUSLY.

OPEN THE WORKOUT AND LET'S GO!