

## Posture Analysis Report - 123

Age: 58 years

Weight: 53 kg

Height: 155 cm

Medical History: None

Posture Feedback: **\*\*Good posture!\*\*** **\*\*Mindful Awareness Tip:\*\*** - Be present: Regularly check your pos

Recommended YouTube Videos for Posture Correction:

- <https://www.youtube.com/watch?v=ShnXlqAa3BU>
- <https://www.youtube.com/watch?v=OedABQhP36g>
- [https://www.youtube.com/watch?v=ml9ik3htY\\_w](https://www.youtube.com/watch?v=ml9ik3htY_w)