

# P O S T U R I G H T

Improvement Noticed.

Congrats!

You now hold less tension in your

RIGHT FOREARM.

You are still holding  
unnecessary tension,  
though, when you:

COOK

WRITE FOR MORE THAN 30 MINS.

Keep up your mindfulness at these  
times for problem resolution!

R E T U R N <

> N E X T P R O B L E M