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**NEW RESEARCH SHOWS WORKING AT THE COMPUTER CAN
BE HARMFUL TO YOUR HEALTH!**

Author Reveals the ABC's of Computer Comfort

Posture expert Janice Novak, M.S. addresses the growing problem of workplace injury and discomfort. *"Millions of Americans are spending an increasing number of hours sitting at computers,"* says Novak *"and it is having a profound effect on their physical well being."* According to the U.S. Bureau of Labor Statistics, back, shoulder, neck and wrist problems from working at a computer have risen 80% since 1990.

In her book, ***POSTURE, GET IT STRAIGHT!***, ***Janice Novak*** addresses the growing problem of workplace injury and discomfort. She demonstrates:

- How to decrease muscle stress and strain with the ABC's of Computer Comfort
- How to work longer and more comfortably at your laptop computer
- Good computer chair posture
- How to avoid carpal tunnel problems
- Simple exercises/stretchers that can be done right at your desk to counteract stress and strain

Janice Novak, M.S. is considered this country's premier posture expert. She is an international acclaimed author, speaker and wellness consultant. Janice developed her unique posture program over twenty years of teaching workshops. She holds a master's degree in health & physical education and has been featured in national publications and on national television.

To request a copy of *Posture, Get It Straight!*, arrange an interview, or for other information, contact Janice Novak at 1-800-756-7934 or Janice@ImproveYourPosture.com.