

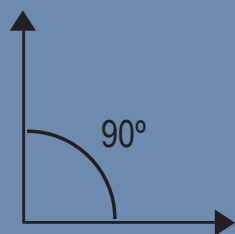
# DON'T TAKE THIS SITTING **DOWN!**



These back statistics are staggering!



**50 PERCENT** of working adults have back pain



Number of degrees your **KNEES SHOULD BE BENT** while sitting at a desk



Back pain is **SECOND MOST COMMON** reason people go to the doctor



Number of seconds you should **HOLD A STRETCH**



Number of pounds overweight where **BACK PROBLEMS COULD START**



Number of pounds of **PRESSURE ON YOUR BACK** when you sleep