

# 1 2 3 4 5 6 7 8 9 10 YOUNG, SEXY AND HEALTHY!

## The Ten Best Exercises for Your Posture

Look and feel your best  
Grow leaner and taller  
Get the confident posture  
you've always wanted

Dr. Elma Schnapp, M.D.  
& Dr. Moacir Schnapp, M.D.



GET IT STRAIGHT

# If your goals are...

- to look leaner and taller
- to remain young and healthy
- to improve your confidence and poise

## ...this book is for you!

Your posture is the first thing other people notice, it's your calling card. Even the best-dressed person can't look like a winner when slouching. We want to help you improve your looks and your health, while increasing your confidence and self-assurance. This is the only fitness program you'll ever need, developed by physicians who understand the importance of good posture and the role it plays in keeping you healthy. Good luck!



**Dr. Elma Schnapp, M.D.** is a rehabilitation physician who is truly passionate about the use of exercises to maximize health and physical appearance. She has employed her training, expertise, and Brazilian roots, to develop this unique fitness program for all who wish to improve their own posture, health and good looks.



**Dr. Moacir Schnapp, M.D.** is a neurologist, a pioneer in pain management, and an enthusiastic advocate for the use of exercises in the prevention and treatment of age related ailments. This book reflects almost thirty years tailoring specific workouts for thousands of patients with spinal pain and musculoskeletal diseases.

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