

Julie Webster & Associates

Julie-Webster.com

Regaining Good Posture – Flash Movie

Directions:

The video version of the stretches in this book is a great representation of how to improve your posture. The video itself is Flash and is an executable file (regaining_posture.exe) and may take a while to download but is completely worth the wait.

1. Purchase the book and download both the book as a PDF and the ZIP file of the movie. The ZIP file is approximately 167 MB so please leave time for the download in your schedule.
2. Once the ZIP file is downloaded, extract it in the folder on your hard drive you desire.
3. Double-click on the **regaining_posture.exe** file to play.
4. Once you have downloaded this, you can play it as often as you like

System Requirements

Operating System (OS): XP or higher

Processor: Pentium 4

Memory (RAM): at least 512 MB

Drive Space: at least 4 gigs

Adobe Flash: <http://get.adobe.com/flashplayer/>