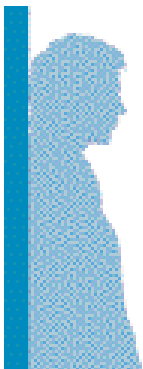
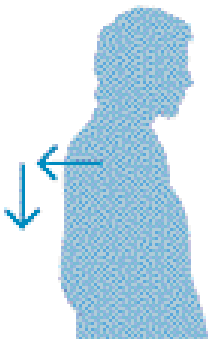


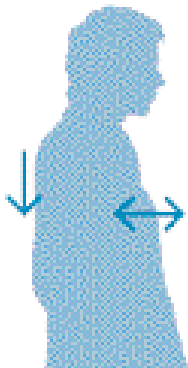
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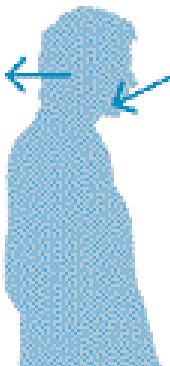
2



3



4



The military posture repositioning is as follows:

1. Flatten your back against a chair or wall. Hold for a count of five. Repeat 10 times.
2. Slowly roll your shoulders and shoulder blades first back and then down. Repeat ten times.
3. While holding your shoulders down let your stomach muscles relax and breathe in and out from your belly (diaphragmatic breathing). Do not let your shoulders go up and down.
4. Tuck your chin in while you glide your head backward, keeping your eyes and head level. Hold for a count of 10 and repeat 10 times.