## **TRAVEL POSTURE**

Bill Schultz, President & Founder

Put on the one-and-only Posture Shirt<sup>®</sup> and enjoy the ride - AlignMed Posture Systems<sup>™</sup> are a travel must-have! The advantage is breakthrough technology that provides varying degrees of controlled resistance onto the upper extremity to reduce the inflammation and poor circulation that comes with this prolonged sitting and limited activity the body suffers during air travel or when driving long distances. The Posture Shirt<sup>®</sup> 2.0 combines the touch of a light massage and tensile resistance that creates muscle activity while you sit. The result is a reviving stretch that relieves pressure on the neck, shoulder, spine and hips. AlignMed Posture Systems can you turn your body into a private gym by stimulating and balancing muscles while you sit.

I fly internationally and am 6 feet, 5 inches tall. It was hard for me to get comfortable in any seat, much less to sit for 12 to 15 hours in coach, until I found AlignMed and its Align Therapy "posture shirt." It is a must for flying. I call it a flight suit because it allows me to get off the plane and feel human. I am not wracked with pain or stiffness. It is a travel secret; I know pilots wear them, but they should be in everyone's wardrobe.

David Daily (Los Angeles Times 5/14/14)

