



# ALIGNED AND WELL

Often overlooked by medical experts, the WAY we use our body often creates disease.

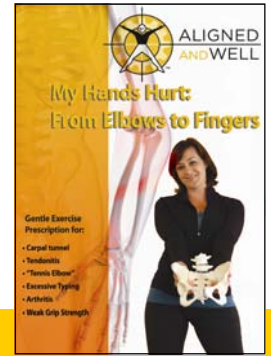
*Why do couch potatoes and competitive athletes suffer from the same chronic ailments, disease, and pain? It's because, like most of us, neither group is using their body in the way it was mechanically designed to be used!*

*Analyzing human movement (biomechanics) used to be for increasing athletic performance until biomechanical scientist Katy Bowman decided to apply those same principles to the every-day use of the human machine for the purpose of reducing common disease.*

*The Aligned and Well program offers a simple, natural solution by teaching new movement habits and pointing out any current habits that may be keeping you from getting well.*

A scientific, instructional and user-friendly program that teaches people how simple corrections in skeletal and body alignment can reduce current and future ailments.

Consult with your doctor before beginning with this or any other exercise program.



### Titles in Series:

- **Aligned and Well — “Below The Belt” For Men**  
Item # JM20494 ▪ 40 minutes
- **Aligned and Well — “Down There” For Women**  
Item # JM20495 ▪ 40 minutes
- **Aligned and Well — Biomechanics For Bad Backs**  
Item # JM20501 ▪ 40 minutes
- **Aligned and Well — Biomechanics For Strong Bones**  
Item # JM20500 ▪ 40 minutes
- **Aligned and Well — Easy Rx...ercise for Diabetics**  
Item # JM20497 ▪ 40 minutes
- **Aligned and Well — Fix Your Feet**  
Item # JM20492 ▪ 40 minutes
- **Aligned and Well — From The Shoulders Up**  
Item # JM20502 ▪ 40 minutes
- **Aligned and Well — Get Your Balance Back**  
Item # JM20499 ▪ 40 minutes
- **Aligned and Well — Knees and Hips**  
Item # JM20493 ▪ 40 minutes
- **Aligned and Well — My Hands Hurt: From Elbows to Fingers**  
Item # JM20498 ▪ 40 minutes
- **Aligned and Well — Smart Digestion**  
Item # JM20503 ▪ 40 minutes
- **Aligned and Well — When You Can't Breathe**  
Item # JM20496 ▪ 40 minutes
- **Aligned and Well — When You Hurt All Over**  
Item # JM20491 ▪ 40 minutes
- **Aligned and Well — When Your Doctor Prescribes Exercise**  
Item # JM20490 ▪ 40 minutes



**Katy Bowman, MS**  
Biomechanist

## Chronic Pain is not natural.



The ALIGNED AND WELL DVD COLLECTION features...

- Introductions to "careless habits" that cause a wide variety of ailments and which damage our bodies.
- Five prescribed movements (Rx...ercises) targeting muscles and joints involved in common afflictions.
- Additional information on simple changes one can make in daily life for improved health - specific to one's health situation.

**PLUS Bonus Material:**

- Human Physics Lecture (Human Body Owner's Manual) with Katy Bowman
- Printable Exercise Program for work or travel

**ONLY  
\$19.95  
EACH**

**Buy the Complete Set of 14 DVDs for only \$199.95 and You Save \$79.35!**