

Everything starts with posture.

“What do you love to do — and want to still be doing 10 to 20 years from now?”

68%

of your body weight sits above your hips. Misalign that mass and everything below it works at a mechanical disadvantage — every step, every swing, every hour at a desk.

Posture Day shows you exactly where you stand — and what to do about it.



Mobility

Alignment is what lets a joint move through its whole range without paying for it later.



Brain vitality

Posture governs the sensory feedback and blood flow your brain relies on to think and move.

Sports longevity

A stable base makes motion fluid. A poor one wastes energy and invites injury.

See how you stand. Discover how you move.

01

Digital posture photos

See yourself standing from the side, front, and while sitting.

02

See your posture

Your alignment and measurements on screen.

03

Test your balance

Experience static and dynamic challenges.

04

Understand your results

What it reveals, and what it means for your body.

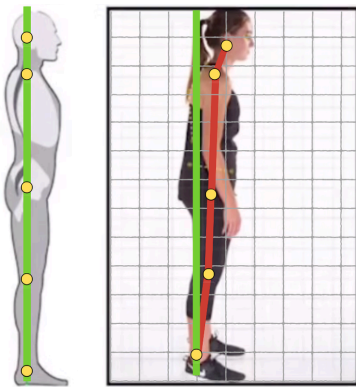
05

Take action

Five weeks of self-guided, targeted exercises through an online platform.

Normal

Your Posture



You can't correct what you've never seen.

See your posture, challenge your balance, and discover what a mirror could never show you.

Signs you'd recognize

- Recurring neck, joint or back pain
- Fatigue at work, in sport, in daily life
- Stiffness after sitting still
- Reduced balance & stability
- Injuries that keep coming back

What better posture buys

- Less stiffness
- Reduced joint & muscle pain
- A more fluid, coordinated stride
- Stronger deep abdominal & low-back muscles
- Easier daily life, for longer

Karen Owoc ACSM-CEP • ACSM/ACS-CET

Karen Owoc is a Clinical Exercise Physiologist certified by the American College of Sports Medicine, author, and lifelong athlete — from competitive skiing and varsity sports to tennis, golf, and now pickleball.

She created **Brain Boot Camp™**: *Train Your Brain Through Your Body*, integrating brain health, movement science, sensory system training, and lifestyle medicine to support functional longevity and vitality.

Her clinical background includes preventive cardiology, cardiopulmonary rehabilitation, brain health and cognitive training, fall prevention, cancer survivorship, and metabolic health education.

Karen is known for translating complex clinical concepts into practical strategies in her workshops and through more than 240 live television segments on KRON 4 News, ABC 10, and NBC Bay Area News.

Karen is the author of ***Athletes in Aprons: The Nutrition Playbook to Break 100.***

\$225 per assessment

Ask about group rates



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Clinical Posture & Balance Assessment