

GR8FUL®

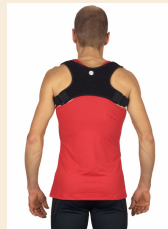
User Guide

POSTURE CORRECTOR

1

UNIVERSAL ONE SIZE

Our gr8ful posture corrector is one size and can fit children and adults alike. The velcro straps holds the corrector perfectly in place whatever your build.



2

PUTTING ON INSTRUCTIONS

1. Put the posture corrector on like a jacket.
2. Loosen the Velcro adjustable straps.
2. Stand up straight and get in your best posture (standing against a wall helps).
3. With your best posture fasten the Velcro straps so that the brace has a small amount of tension/tightness against your body.



3

GRADUALLY INCREASE WEARING TIME

Gradually build up wearing your gr8ful posture corrector over time in order to get used to wearing it and and the most out of your new product.

Wear the brace/corrector on top of a shirt for increased comfort.

4

HOW TO WEAR A POSTURE CORRECTOR

The brace should not be so tight that it is uncomfortable to wear. Over time you can tighten the brace to further achieve better posture. The purpose of the brace is to train your muscles so that they stay in the proper posture. The more you use it the better your posture will be. It took many years to develop your posture, don't expect results overnight. Consistency is key to improving your posture.

5

DAILY WEAR & EXERCISE

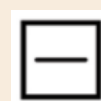
Start with wearing the posture brace 15-30 minutes a day. If you feel pain or are tired from wearing the brace take it off and wear it again the next day or two. Gradually keep adding more time until your body gets used to the corrected posture position.



6

HAND OR MACHINE WASH

Hand wash or cold water on gentle washing machine setting is recommend. Hand wash in cool water with mild soap. Remove excess water and air dry away from heat. Don't iron and don't dry the brace in the dryer.



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