

Description of usage for the Active Health Vest

Stand in front of a mirror and look at your profile!

Put the Vest on like a normal backpack. Adjust the Vest and make sure the back is centred.

Breathe out as much as you can and tightened the chest straps.

Straighten up and pull your shoulders backwards until you achieve a healthy posture (see picture 2). Tighten the shoulder straps until they rest with an appropriate pressure against the shoulders.

You will now feel that you have about 40 % support by the Vest and that it helps you to maintain your optimal posture.

When you start losing your posture the pressure on your back will increase and your shoulders/armpits will start feeling less comfortable. This is a signal that you should pull your shoulders back again and straighten up.

You will automatically train your posture and breathing with about 60 % by just using the Vest and you will change between good and bad postures. The Vest will stretch the muscles in your chest while training your posture and breathing muscles.

Use the vest about 30 minutes 1-3 times a day when you are doing lighter tasks like walking or office work. Avoid tasks where your are stretching your arms to far like for example vacuum cleaning.

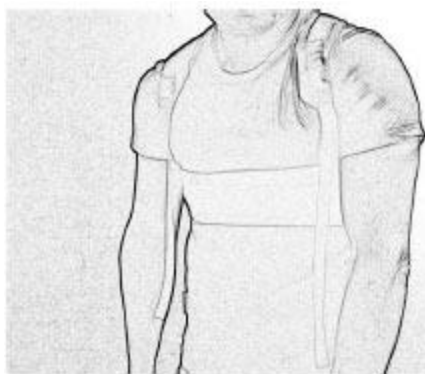
It can be beneficial so start with 15 minutes and then gradually increase the time, because it can cause sore musdes in the back. It is not dangerous to use the Vest longer than 30 minutes if you feel that it has an effect.

If you have a physical job like for example cleaner or hairdresser, then you do not have to use the Vest during work, because it can often be in your way and decrease your movement. You should instead use the Vest after work to regain your posture and stretch the musdes into the correct position.

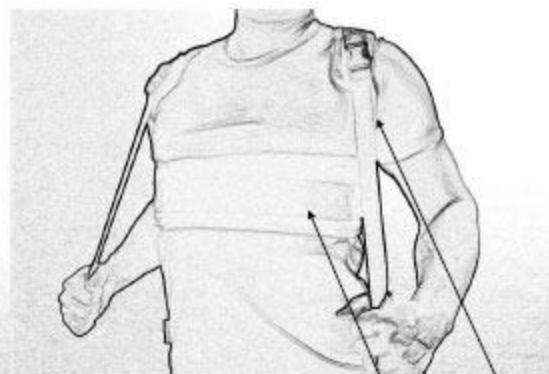
We all have different body shapes so try adjusting the vest both vertically and horizontally. Try fastening it tighter or loser to fit you perfectly.

You can also download addition instructions on our webpage, for example an exercise program for posture/breathing and more detailed instructions for running and other activities.

Good Luck!



Picture 1 Bad posture



Picture 2 Good posture

Shoulder straps

Chest straps