

# 7 Steps To Relieve Neck Pain



FY POSTURE



**Written by  
FY Posture  
FREE E-BOOK PDF**

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**The information below is not intended as  
medical advice.**



The next two minutes, of this E-book can help you a LOT to relieve your neck pain.

You are about to start the first step to relieve neck pain, I'm sorry to say but...it is not done yet.

## STEP 1: HOW TO ACHIEVE ANY GOAL

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In fact, what you are doing right now is creating a new habit, setting a new goal for yourself. It can be applied in this case — because you want to relieve your neck pain – but it is meaningful in any aspect of your life. Let me share with you what I have learnt from Mr. Robert Kiyosaki, author of the bestseller *Rich Dad Poor Dad*:

Be  
Do  
Have

This is the formula to achieve any new goal. He uses the example of a person whose goal is to have a perfect body. Here it is:

*“What most people do when they want a perfect body is go on a diet and then go to the gym. This lasts for a few weeks and then they are back to their old diet of French fries and pizza. Instead of going to the gym, they watch TV. This is an example of doing instead of being.”*

*It is not the diet that counts. It's who you have to be to follow the diet that counts. Yet, every year millions of people seek the perfect diet in order to become thin. They focus on what they have to do, rather than who they have to be. A diet won't help if your thoughts do not change.”*

- Robert Kiyosaki, quoted in *Rich Dad's Cashflow Quadrant*, 1998.

Back to our neck pain, this is a perfect example on how the product itself it is not the solution to achieve your desired neck relief. It is very important, in fact, it is the centre of everything. Like in a NASCAR race, for example, of course the quality of the car is important, but it doesn't mean that anyone that drives that car will win the race. It takes more than that. At FY Posture, we believe that our Neck Traction is a very high quality product as you can experience, it really helps people to relieve neck pain. However, it is not enough unless you are willing to correct yourself in order to achieve your desired neck relief.

If you are not really clear about this formula, take a look at other example of *Mr. Robert Kiyosaki*, quoted in *Rich Dad's Cashflow Quadrant*, 1998:

*"Many people buy a new set of golf clubs hoping that they can improve their game, instead of first adopting the attitude, mindset, and beliefs of a good golfer. A bad golfer with a new set of golf clubs is still a bad golfer."*

We really want you to achieve your desired neck relief, it is good for you and for your health as well. That is why we developed a plan (the "do" part of the formula), to help you achieve your goal. It includes our product, our plan of exercises, and all the content that we share in our social media accounts. Now, it is your turn to find out the "be" and "have".

Here are some tips for that:

**Be.** It means adopting the attitude, the mindset that your new goal requires. **Example:** I'm willing to have healthier habits like a couple walks per week.

**Do.** It is your plan, what you have to do to achieve your goal. **Example:** follow the FY Posture plan of exercises during the next 4 weeks.

**Have.** It is your goal. What you want to achieve. **Example:** having a good posture, to enable you become a more confident person.

In a single sentence, it goes: I'm willing to have healthier habits like a couple walks per week (being) following the FY Posture plan (doing) that will enable me to have a better posture and hence be more confident (have).

These are just examples, now you can choose your own Be-Do-Have.

Adding to this we believe that it is very important if you can make yourself accountable to someone, during the process of achieving your goal. That person will push towards your goal!

## STEP 2: HOW TO USE IT

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This is a process that takes time, do not expect to see results in the next 2 or 3 days.

This product helps you to relieve neck pain. For the first few times of using it, it might not feel comfortable but after you take it out you will feel some relief on your neck. Wearing this neck traction for a long period of time, especially in the first weeks, will not be good for your muscles.

This product helps you relieve neck pain by removing some tension on your neck muscles. Avoid over-tightening the traction because it will cause excessive tension.

There are 2 ways to use the neck traction, check the link below to see which way better suits your needs.

In case you didn't watch our step by step video on how to put the posture corrector, take a look here: [www.fyposture.com/neck-guide](http://www.fyposture.com/neck-guide)

Great! Now that you know how to use it, let go into the plan to achieve your goal of correcting your posture.

## STEP 3: THE PLAN

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**1st - 2nd week:** Wear the product for 15-30 minutes per day, until you feel comfortable and stable with the product. Always make sure that the product is not over-tightened in a way that you feel uncomfortable. During these two weeks, we also recommend that you do the [Step 4](#) and [Step 5](#) exercises that we have in the next page.

**3rd week:** If you feel comfortable, you can add 15 minutes per day. Since your muscles are now used to the product. And you can go to the [Step 6](#) exercise of your plan.

**4th week:** This is the moment when you start feeling your muscles and your posture getting a new shape, a new structure. If you followed the process, you start feeling results. So now, you can do the [Step 7](#) exercise.

The exercises above will help strengthen your neck so that your muscles can easily memorize your body position.

Our muscles, like our brain, has memory. Following the plan, your muscles will memorize your right posture.

Remember, please don't stop doing them radically. Like our memory your muscles will forget that as soon as you stop doing them for a long period of time.

## STEP 4 - 7: EXERCISES

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### **STEP 4:**

How to Stretch Your Neck

<https://www.youtube.com/watch?v=Ov3YWgUcNbc>

How to Relieve Tight Neck Muscles

<https://www.youtube.com/watch?v=Gj3FZF7kKLc>

### **STEP 5:**

Self-Massage for Neck Pain

<https://www.youtube.com/watch?v=UmU5dDFo7aU>

Neck Exercises & Relieve Routine

<https://www.youtube.com/watch?v=yt3CpkmFAfc>

### **STEP 6:**

March Posture Exercise

[https://www.youtube.com/watch?v=VvPs-Kv\\_3mk](https://www.youtube.com/watch?v=VvPs-Kv_3mk)

Text Neck Pain Relief

[https://www.youtube.com/watch?v=uK\\_A3Tuq6UU](https://www.youtube.com/watch?v=uK_A3Tuq6UU)

### **STEP 7:**

1 Min Stiff Neck Relief Technique

<https://www.youtube.com/watch?v=9EINJEyohug>

Break sticky adhesions

<https://www.youtube.com/watch?v=PB41AarJrXc>

We hope that this set of exercises would help you to relieve your neck pain.

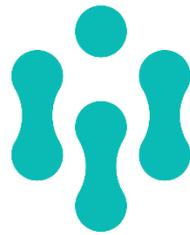
## KEEP IN TOUCH

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Thank you very much.

We will help succeed in your journey, so feel free to contact us if you need any help.

We Are Here For Your Posture!



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