



Increase Neck Strength, Flexibility, Range of Motion and Endurance

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Dear Friends,

Poor posture, especially in our youth, is rapidly becoming a great concern. If we can bring more awareness, along with an action plan, we can make a positive impact starting now.

Today's lifestyles of participating in competitive sports, long hours spent on tech devices and gaming, are having a big effect on our youths' posture in their formative years.

We at NeckX are introducing the YEPE program (Youth Empowered Posture Exponential). Poor body alignment, starting with forward head posture (FHP), results in long-term physical effects, which can include depression, low self-esteem and lack of confidence.

The goal of the YEPE program, "Youth Empowered Posture Exponential", is to raise awareness and promote an active exercise program to counteract the negative effects of FHP. The NeckX exercises take only 10 minutes a day, building better posture and cervical health.

NeckX was initially designed for the US military Fighter Pilots. The US Air Force, Navy, and Marine Corp have been testing and using NeckX to increase Strength, Flexibility, Range of Motion and Endurance, the four pillars of cervical health.

Targeting our high schools students, ages 14-18 means we can help them improve their confidence, self-esteem and body alignment.

Our heads weigh roughly 9-12 pounds on average and the constant strain of the head being too forward with an undeveloped neck and musculature can cause pain and strain in their futures.

Bringing awareness to the benefits of a simple neck and upper body exercise program to combat these symptoms as well as sports concussions and tech neck is the goal of YEPE.

Please join me in helping our leaders of tomorrow improve a healthy self image and self confidence.

NeckX is raising funds to donate NeckX Devices to high schools across the United States. Any donation is welcome. Please see suggested amounts on the Go Fund Me Page (see link below).

Olivia, our NeckX Systems Team and myself are available to answer questions, listen to your ideas and collaborate together to secure a better future for our youths and thus, us all. To make a donation, please visit our Go Fund Me page <https://www.gofundme.com/f/youth-empowered-posture-exponential-by-neckx> or contact us directly at montyaspengmail.com or info@neckxsystems.com.

Thank you for your time,

Monty Thompson

**Founder & President
YEPE**