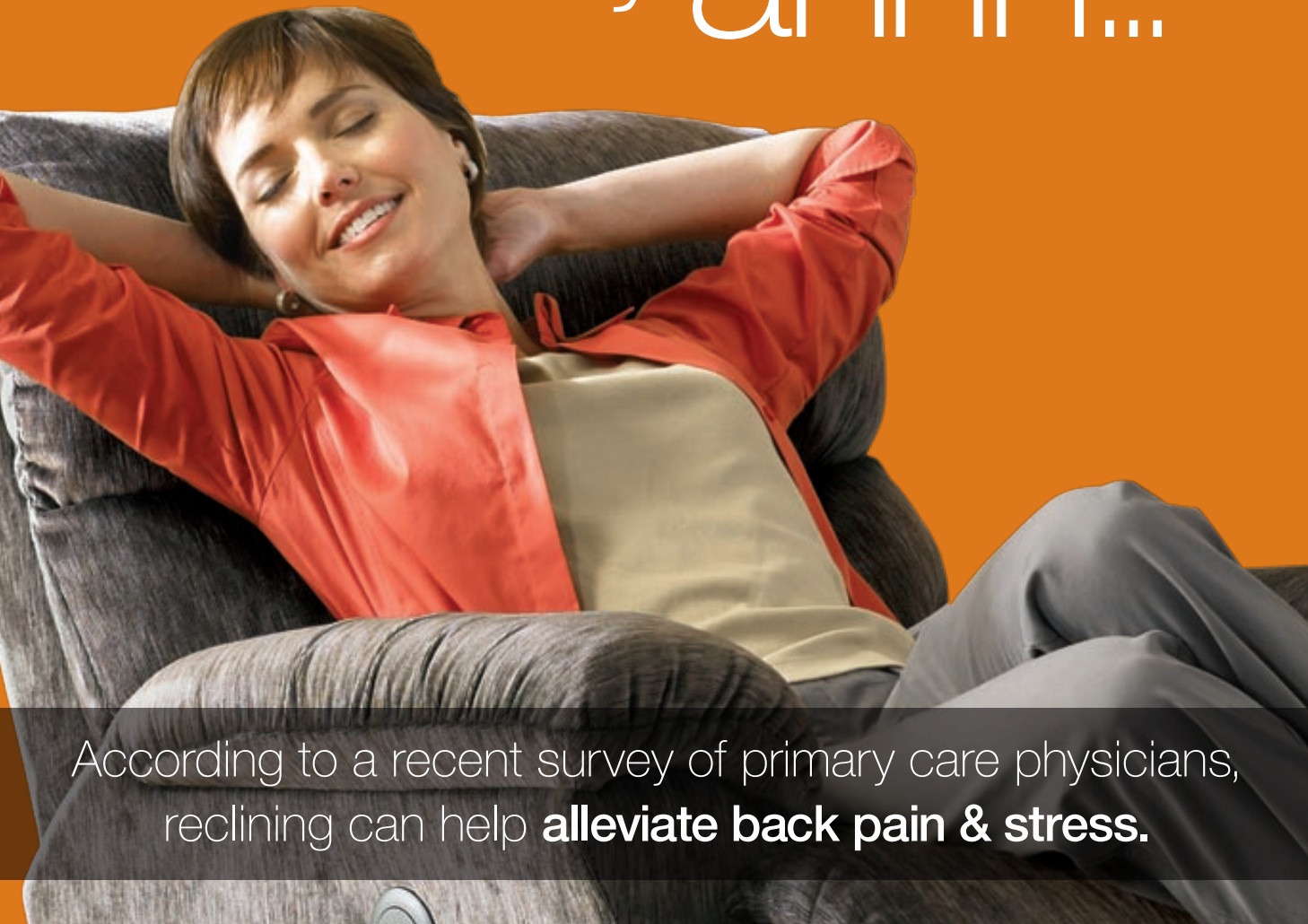


L A **Z** B O Y<sup>®</sup>

*Live life Comfortably.<sup>SM</sup>*

Back pain or stress?  
Just say **ahhh...**



According to a recent survey of primary care physicians,  
reclining can help **alleviate back pain & stress.**

Suffering from  
back pain?  
Are you feeling  
stressed out?

If so, doctors have a  
surprising suggestion...

**just recline!**

It turns out relaxing in a recliner is more than just comfortable... it actually could help reduce stress and relieve back pain and stiffness. And only La-Z-Boy recliners offer total body and lumbar support, as well as varying reclining levels ensuring that your lower back and lumbar region are fully supported at all times and in any reclining position. So when it comes to relieving back pain and stress, follow doctor's orders and recline!



The American Chiropractic  
Association

has endorsed La-Z-Boy reclining furniture  
for its back and lumbar support.

# Take time to recline...

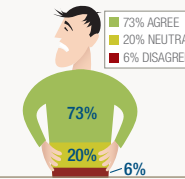


For more than 80 years, La-Z-Boy recliners have defined comfort. And doctors now recognize that reclining can bring relief to people suffering from back pain and also the aches and pains associated with stress. And since La-Z-Boy reclining chairs and sofas are designed to provide back and lumbar support at all times... and in all reclining positions, our reclining furniture has also been endorsed by the American Chiropractic Association.

**Recline away back pain.** Physicians tell us the full body support provided by our reclining chairs and sofas relaxes surrounding muscles, ultimately taking tension away from the pain-ridden area. So for those with back pain, reclining now means more than just comfort – it can also mean relief from back pain and stiffness.



2 OUT OF 3 DOCTORS are likely to recommend that patients sit in a reclined position to help alleviate back pain



7 IN 10 DOCTORS AGREE that sitting in a reclined position at home can help you decrease back pain and stiffness

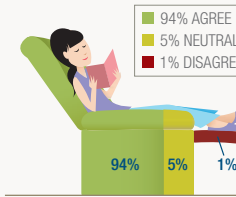


THE AMERICAN CHIROPRACTIC ASSOCIATION has endorsed La-Z-Boy reclining furniture for its back and lumbar support

**Recline away stress.** In today's hectic world of go, go, go, many people aren't taking the time to relax, and the result is a stressed-out society. Doctors advise relaxing for about an hour each day as a way to reduce stress in conjunction with other healthy behaviors. So go ahead, sit back and relax; doctor's orders!



9 IN 10 DOCTORS say that relaxation at home is important to reduce stress levels



94% OF DOCTORS AGREE that sitting in a reclined position at home can help reduce stress



On average, doctors recommend approximately **ONE HOUR OF RELAXATION** each day, in conjunction with other healthy behaviors, to relieve stress

*\*We surveyed 300 primary care physicians across the U.S. from July 29-31, 2009.*



Scan this QR code to learn more about the benefits of reclining.

[la-z-boy.com](http://la-z-boy.com)

Connect with us



La-Z-Boy is the official furniture provider of Ronald McDonald House Charities®

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